SHAPE

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100+ BEST NEW BEAUTY BUYS p37



Shrink Your Belly!

This move targets fat in *just 8 seconds*

31 Life-Changing Skin Secrets

TOTAL BODY RESULTS:

Lean Legs
Toned Abs
Perky Butt

#1 Trick to Faster Weight Loss

Kaley Cuoco-Sweeting

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How Kaley conquered her candy drawer and totally transformed her body.



"I've never worked so hard to look good for something in my entire career."
—Kaley Cuoco-Sweeting on her *Shape* cover

SEE THE SHOOT!
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Photograph by NINO MUÑOZ



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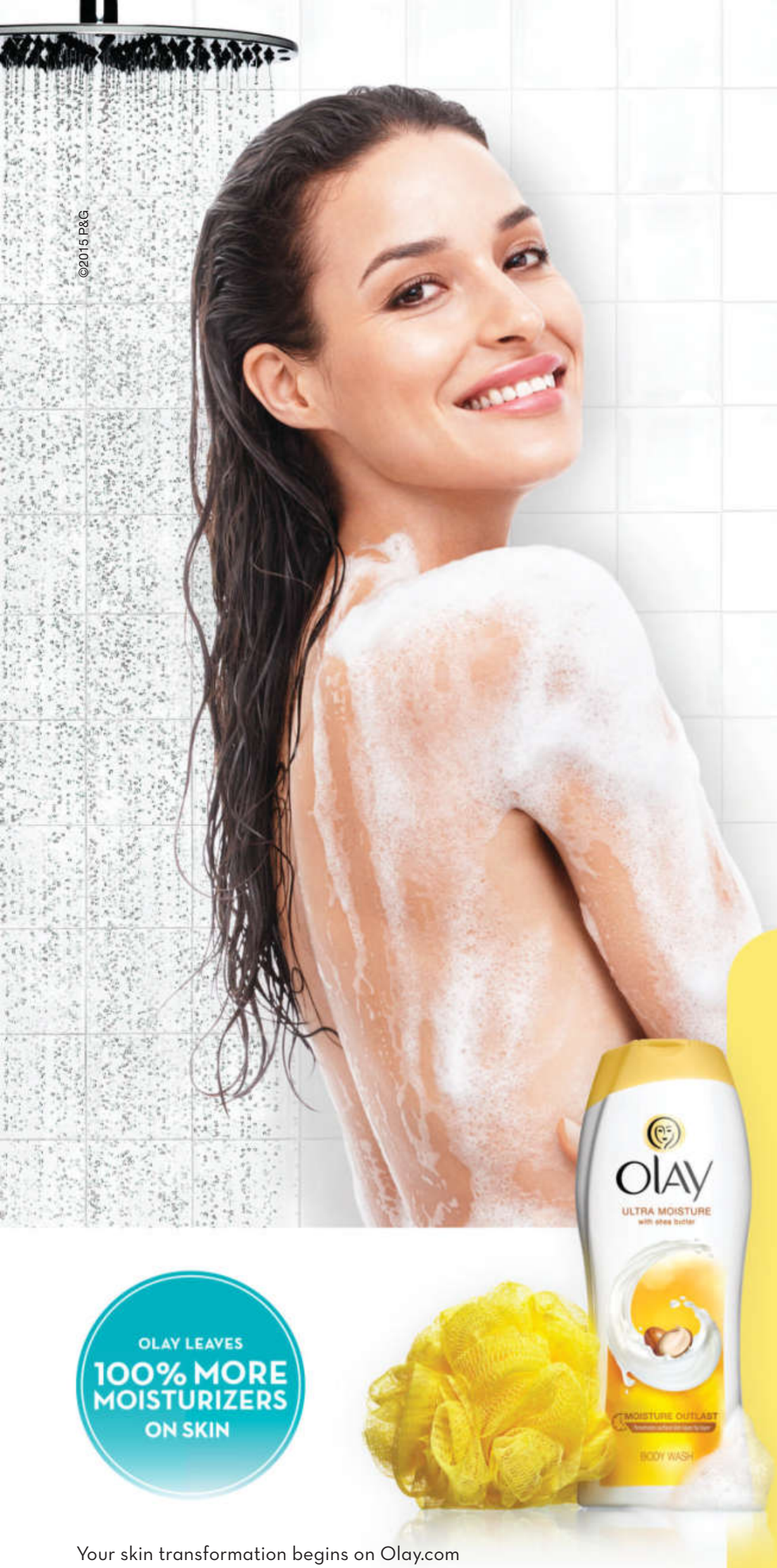
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Photograph by SARAH KEHOE



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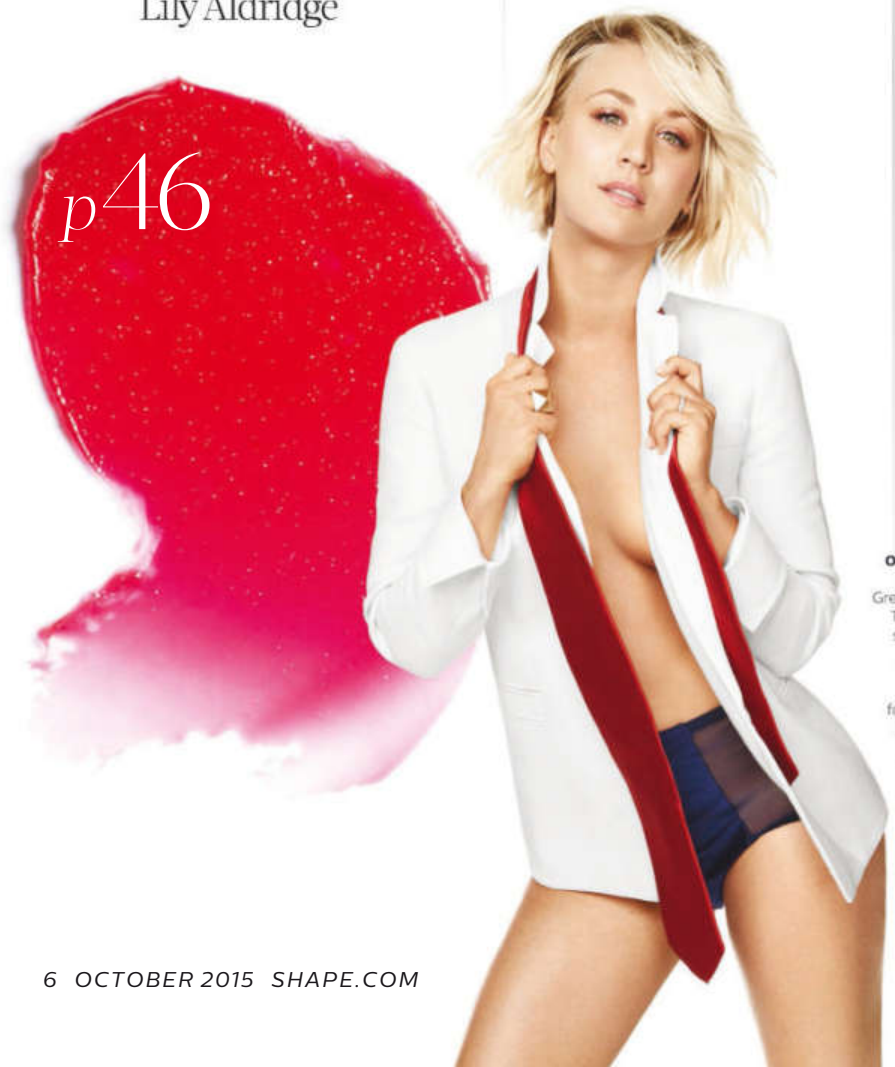
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ON OUR COVER Photograph by Nino Muñoz. Styling by Audrey Slater. Hair by Christine Symonds/The Wall Group; makeup by Jamie Greenberg/The Wall Group for Lancôme; manicure by Ashlie Johnson/The Wall Group for Chanel Le Vernis. ATM Anthony Thomas Melillo shirt ($185, barneys.com). Rachel Pally bikini bottom ($101, revolve clothing.com). Laurel & Bleu necklace ($175, laurelandbleu.com). Movado watch ($1,295, movado.com). Earrings and diamond ring, Kaley's own. To get Kaley's naturally beautiful cover look, try the following products from Covergirl (available at drugstores): Outlast Stay Luminous Foundation in Classic Ivory ($10), Trublend Minerals Blush in Pure Romance ($9), The Super Sizer by LashBlast Mascara ($7), Colorlicious Jumbo Gloss Balm in Caramel Cream ($8), Outlast Stay Brilliant Nail Gloss in Daisy Bloom ($6). **Page 3:** Camilla and Marc blazer ($620, camillaandmarc.com). Babajaan bikini bottom ($155, babajaancollection.com). Delphine Leymarie pyramid ring, ($4,495, delphineleymarie.com). **This page:** Akris blazer ($3,990, akris.ch). American Apparel briefs ($32, americanapparel.net). Saks Fifth Avenue tie ($95, similar styles at saks.com).

Top: Kana Okada. Bottom left: Claire Benoist



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Number of shares we got on our summer Squat Challenge on Facebook

115,000

This month, roll up your sleeves for our latest 30-day *Shape*-over: the **Hot Arms Challenge**. Go now to **fitnessmagazine.com/armed** for daily moves that will transform your biceps, triceps, and shoulders into (hard) arm candy. Invite your buddies for friendly competition and everyone wins!



END YOUR SALAD RUT

We asked our favorite food masters to shake up your greens with surprise ingredients and mouthwatering spins. Discover a yum new mix each week by checking us out on Instagram **@FitnessMagazine**. And post a pic to show us how you **#curekalefatigue**.



DRINK ME

Chilly out? Curl up with this toasty spiced cider punch or any of our top 10 hot-and-healthy brews at **pinterest.com/shapemagazine**.

TWITTER TALK

We want your favorite fall recipe using only three ingredients. Go! —@Shape_Magazine



You can never go wrong with roasted brussels sprouts in balsamic vinegar with a touch of maple syrup.

—*McKel Hill, R.D.N., @NutrStripped, a food blogger at* **Nutrition Stripped**



Butternut squash manchego melts! Toasted gluten-free bread, roasted + smashed butternut squash, and shredded manchego cheese.

—*Phoebe Lapine, @PhoebeLapine, a food blogger at* **Feed Me Phoebe**

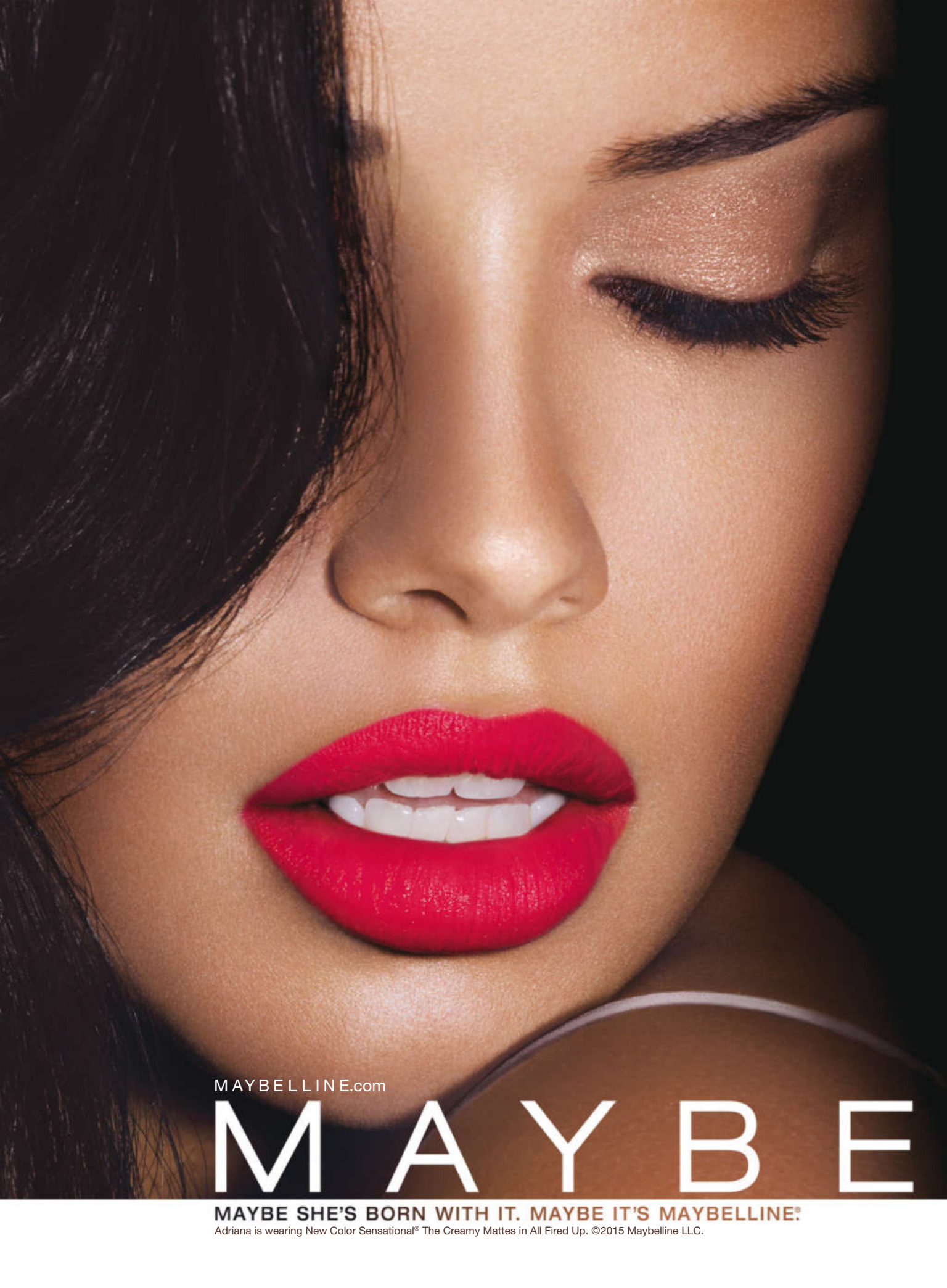


Turmeric milk! Ground turmeric, warm coconut milk, and a drizzle of maple syrup :)

—*Laura Wright, @laura_mess, a food blogger at* **The First Mess**

Clockwise from top left: iStockphoto; Magdalena Nwenczyk/Offset.com; Getty Images; courtesy of the bloggers


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THE TAKEAWAY

There's strength in beauty

What do stepping out of the salon with a fresh haircut and walking out of a killer workout soaked in sweat have in common? They both make you feel like a million bucks. Taking care of yourself doesn't just mean exercising and eating right; it also means getting your nails done, doing a face mask, spritzing on some perfume. Sure, it's partly because beauty treatments are pampering and luxurious, and playing with lotions, potions, and makeup is just plain fun, but we've also always instinctually known that there's a solid beauty-health connection. And now there's evidence that proves us right: New research from psychologist Vivian Diller, Ph.D., and CVS/pharmacy shows that beauty and personal care can directly affect your physiological well-being, leading to a reduction in stress, improved cardiovascular function, and stronger immunity.

Given that, we're thrilled to be celebrating National Beauty Month here at *Shape*. For you, that means you're holding in your hands our biggest beauty issue ever! We have a whole month's worth of skin-care missions—and you really should choose to accept them—in "31 Days to Your Most Gorgeous Skin" on page 37. We guarantee that we'll have you glowing by the end of the month, almost as if you had been to a spa. Wait, did I say *spa*? Check the story for details on how to enter our spa sweepstakes for a week at Rancho La Puerta, a top-ranked destination fitness and health resort. We also reveal the winners of the 11th annual *Shape* Beauty Awards—59 products you'll wonder how you ever lived without. And we honor the winners of the CEW (Cosmetic Executive Women) Insiders' Choice Beauty Awards, a.k.a. the Oscars of the beauty industry. Some of our favorites are sprinkled throughout this issue, and 34 of the winners are on page 51, where you'll find the details on how to snag the whole bag. Jump in and enjoy the fact that sometimes primping is just as important as doing a push-up.

Elizabeth Goodman Artis,
Editor in Chief



Top: Claire Benoist; styling by Sarah Guido-Laakso/Halley Resources. Bottom: Ondrea Barbe; hair by Natasha Liebel for ABTP.com; makeup by Rachel Wood for ABTP.com

I learned in our beauty pages that I wasn't cleansing the right way in the morning. What a difference I see now.

[redacted]

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workout style

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Day 2

→ Flaunt your abs during intervals, then quickly dry-towel them off.

1 Alo Yoga Petal bra ($54, aloyoga.com)
2 Mission Athletecare EnduraCool Instant Cooling towel ($15, kohls.com)
3 Puma Ignite Mesh sneakers ($100, puma.com)
4 Under Armour Fly-By Engineered printed leggings ($125, ua.com)



Day 3

↓ A cool crop top plus camo capris add extra attitude so you can step it up for dance cardio.

1 O'Neill Vamp Cropped halter ($48, us.oneill.com)
2 Adidas by Stella McCartney Climacool Sonic sneakers ($160, adidas.com)
3 Solow x Daniella Cla Camo printed capris ($128, solowstyle.co



Day 5

↑ Your traditional yoga uniform gets useful extras like a built-in bra and side zippers.

1 Splits59 Sphynx Performance Support tank ($80, shop.nordstrom.com)
2 Lululemon Scrunch or Not headband ($14, lululemon.com)
3 Adidas by Stella McCartney Techfit tights ($150, adidas.com)

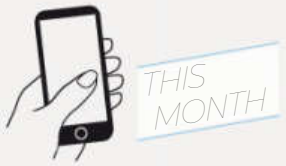


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you right now



The mental trick that builds muscles

Question: How many minutes do you think you can jump rope for? Answer that and you just might improve your workout results. Simply making a prediction causes your brain to pump out more of the feel-good neurotransmitter dopamine, and that could spur you to push harder. "The more dopamine you have, the less your mind focuses on the effort required, which translates into a higher level of determination," says Jane McGonigal, Ph.D., the author of the recently published *SuperBetter*. As you lace up, make a guess. How long will it take you to run your first mile? You'll probably haul ass to beat that number.

Trunk Archive

A better way to pony up

Now you can boot-camp it with less breakage and walk away without the telltale hair dent. **Invisibobble Traceless Hair Rings** ($8 for three, urbanoutfitters.com) look like mini telephone cords and gently distribute even pressure around your ponytail to hold it in place.



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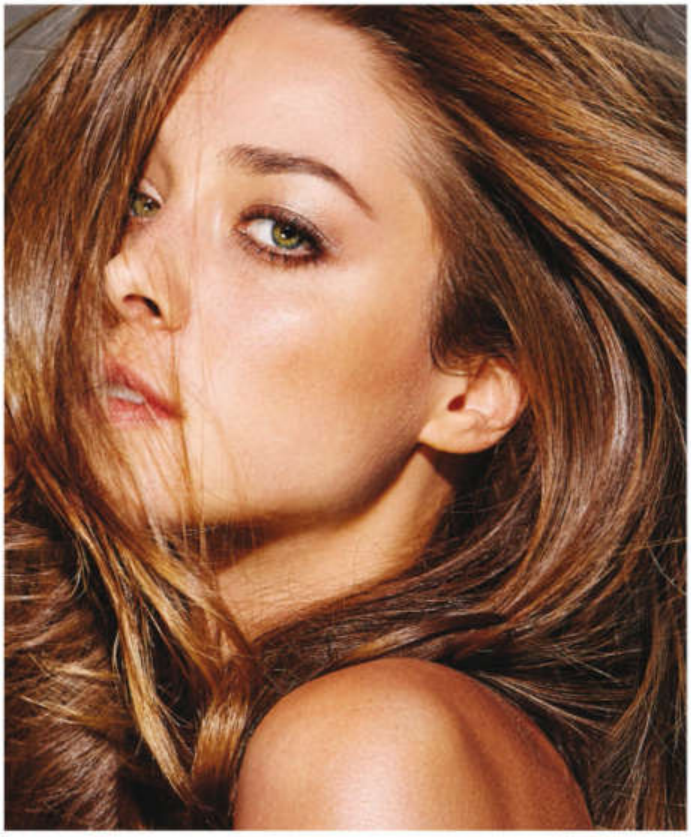
beauty right now



Beautiful idea

WEAR YOUR HEART ON YOUR KEYS

Estée Lauder Modern Muse solid perfume key chain ($50, estee lauder.com) is not just a gorgeous floral scent that's always at the ready on a chic little key chain; it's also a lifesaver. The Estée Lauder Companies donate 100 percent of the proceeds from each purchase to the Breast Cancer Research Fund and also kicks in an extra $25 to the charity whenever you use #BCAstrength on social media through February 4, 2016. So post on Instagram or Twitter with the hashtag whenever you wear a pink ribbon, do a charity walk, or give a shout-out of support to a survivor and you'll be bringing some ka-ching to the cause.



Lush locks

Eighty-two percent of women age 40 and older say the vibrancy of their hair defines their beauty more than any wrinkles on their skin. Add bounce and body with **Klorane Leave-in Concentrate** ($18, klorane.com) featuring essential olive extract, which is packed with antioxidants, minerals, and vitamins. Massage it into your scalp, then work it through clean, damp strands for thicker, glossier, younger-looking hair.

SOURCE: *Coiffure de Paris*

SKIN CARE IN A STICK

The newest glide-ons are a revelation; they allow you to wash, prime, and blot your complexion while barely laying a finger on your face. Twist up the solid **Boscia Charcoal Deep-Pore Cleansing Treatment** ($28, sephora.com) and massage it in circular motions directly onto damp skin for a silky lather. Swipe on **Stila Aqua Glow Perfecting Primer** ($28, stilacosmetics.com) straight from the tube to moisturize and smooth your complexion. Dab the bullet-shaped **Benefit The Porefessional License to Blot** ($20, benefit cosmetics.com) onto even hard-to-reach niches like the sides of your nose to mattify shine. Done? Toss all three in your gym bag, carry-on, or purse without giving a second thought to spills.



Photograph by ARTHUR BELEBEAU

Hair by Louis Angelo/Roy Brown Pro for Julien Farel Salon and Restore Spa; makeup by Brian Duprey/Judy Cosey, Inc., for Nars. Stills: Claire Benoist; styling by Sarah Guido-Lacko/Hailey Resources

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style right now

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WHY WE'RE WEARING ONESIES TO WORK OUT

It was only a matter of time before the jumpsuit trend showed up in the gym. Our favorite of the built-for-action crop: this flatteringly bodycon **Fabletics Snowdrop Leotard** ($90, fabletics.com). It's multi-functional enough for down-to-the-floor plié squats and to wear afterward with a jacket and ankle boots for a sleek rest-of-day outfit.



BE A CUTER COMMUTER

Every bike rider knows that a helmet is an absolute must, but where to find one that looks chic, not Tour de France functional? This stylishly luxe **Bern Unlimited Lenox helmet** ($60, bernunlimited.com) in jet black and gold works so well with literally any outfit that you might forget to take it off—even after you flip your kickstand.

The latest one-pieces go easily from studio to street.

HOW TO GO INCOGNI-TOTE

Sometimes even a gymnista could use a bag that doesn't broadcast, "I stuff all my sweaty clothes in here!" The **Adam Lippes for Target Weekender bag** ($50, target.com), a graphic buffalo-check carryall from Target's latest designer collaboration, is the ideal size for stashing your sneakers and other essentials—or packing for a weekend escape—and so perfectly on-trend with fall plaids.



MAD FOR PLAID
This versatile checkerboard pattern won't clash with your fun fall prints.

Hair by Louis Angelo/Ray Brown Pro for Julien Farel Salon and Restore Spa; makeup by Brian Duprey/Judy Casey Inc. for Nars Cosmetics. Ro&De Noir trench coat; Giuseppe Zanotti ankle boots. Stills: Jonathon Kambouris; styling by Jill Edwards/Halley Resources

Photograph by ARTHUR BELEBEAU



Reinvented from the inside out.

Introducing the all-new GLC. Starting at $38,950.* With its dynamic, intelligent new design, the GLC almost looks like it's thinking. In fact, it is. With a 360° array of radars, cameras, and sensors linked to an onboard computer, the GLC is constantly processing, monitoring, and adjusting to the road as you drive. "All-new" in every sense, the GLC resets the bar for the luxury SUV. MBUSA.com/GLC

Mercedes-Benz

The best or nothing.

2016 GLC 300 shown in Iridium Silver metallic paint with optional equipment. Vehicle available fall 2015. *MSRP excludes all options, taxes, title, registration, transportation charge and dealer prep. Options, model availability and actual dealer price may vary. See dealer for details. ©2015 Mercedes-Benz USA, LLC

For more information, call 1-800-FOR-MERCEDES, or visit MBUSA.com.

STEAL THIS MANTRA

"Your comfort zone is happy where it is. So leave it in the dust."

—@nikewomen via Twitter

fitness right now



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Dash and flash

Here we *glow*

Fall means it's lights-out earlier for the sun. Not to worry—the newest reflective gear will help you negotiate those postwork rides and runs safely. Spray **Volvo LifePaint** (volvolifepaint.com) on your helmet, your sneakers, or any material in between—even your bike frame or dog's leash. The aerosol, which goes on clear, becomes illuminated when headlights shine on it. (The effect lasts up to a week; wash the stuff off and it's gone.)



DARK MAGIC Reflective—and fun—Volvo LifePaint lets you stencil or graffiti a custom design that shines.



GOOD NEWS!

You can build lean muscle while you sleep, and it's as simple as having a bedtime snack. Exercisers on a resistance-training program who drank a high-protein shake right before hitting the sheets got stronger and increased more muscle mass than lifters who skipped the drink, a new study in the ***Journal of Nutrition*** found. Your body digests and absorbs certain proteins more effectively during sleep, which helps in building muscle, experts say. On days you work out, pick a healthy nighttime nosh that has at least 20 grams of protein, like a half cup of dry-roasted edamame (28 grams).

40%

How much stronger women's quads typically are compared with their hamstrings, according to research. Fix the imbalance by hitting the hamstring curl machine at your gym or doing this move proved to make hammies more injury-proof, from a study published in the ***American Journal of Sports Medicine***: Kneel on the floor, heels held down by a buddy and hands in front of shoulders, palms forward. Keeping body in a straight line from shoulders to knees, slowly lower to floor into a modified push-up position. Return to start. Do two to three sets of five to 10 reps twice a week.

SOURCE: Øyvind H. Sundby, a physical therapist and a researcher at the University of Oslo



Top: James Worrell. Center: Arthur Belebeau; prop styling by Sonia Niki; hair by Louis Angelo/Ray Brown Pro for Julien Farel Salon and Restore Spa; makeup by Brian Duprey/Judy Casey, Inc., for Nars. Bottom: Peter Ardito



Reinvented from the outside in.

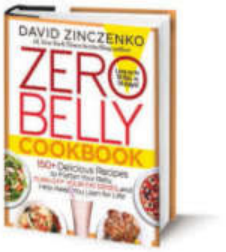
Introducing the all-new GLC. Starting at $38,950.* Before you even step on the gas, the GLC takes your breath away. The artful décor and seating—every stitch Mercedes-Benz. A touchpad-operated infotainment system—so smart, it reads your handwriting. And DYNAMIC SELECT—transforms the experience with multiple driving modes. "All-new" in every sense, the GLC resets the bar for the luxury SUV. MBUSA.com/GLC

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The best or nothing.

2016 GLC 300 shown in Iridium Silver metallic paint with optional equipment. Vehicle available fall 2015. *MSRP excludes all options, taxes, title, registration, transportation charge and dealer prep. Options, model availability and actual dealer price may vary. See dealer for details. ©2015 Mercedes-Benz USA, LLC
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Light ideas

EAT, DRINK, AND STILL SHRINK



TRIM AND TASTY
Discover which foods help build muscle and turn off your "fat genes."

Find recipes for flat abs—more than 150 of them—in the new *Zero Belly Cookbook* ($28, amazon.com). Creative dishes, including green tea–poached salmon with bok choy, contain "fat-burning" foods that either tame your blood sugar or boost your metabolism. That way, your eats hit the spot but don't stick to your middle.

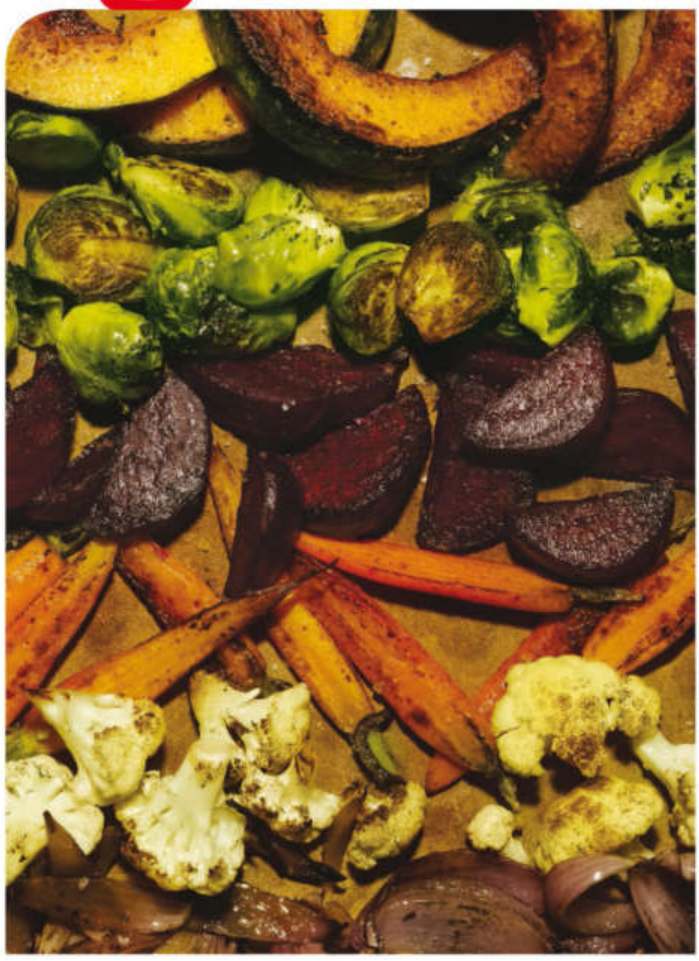
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INCREASE IN THE AMOUNT OF PRODUCE THAT SHOPPERS BUY WHEN THEY GO TO THE GROCERY STORE AFTER EATING AN APPLE AS OPPOSED TO A COOKIE OR NO SNACK. ANY HEALTHY NOSH WILL DO THE TRICK, SO YOU CAN ALSO TRY CARROTS, NUTS, OR A CHEESE STICK.

SOURCE: *Psychology & Marketing*

nutrition right now

A.M. RESET
Starting the day with good-for-you food gets you on track to healthy habits.



The secret to OMGood veggies

As the managing culinary director (a.k.a. resident mad scientist) of the foodie destination SeriousEats.com, **J. Kenji López-Alt** spends his days tinkering to perfect kitchen techniques. In his new book ***The Food Lab***, he reveals this gem for getting carrots, brussels sprouts, asparagus spears—you name it—truly caramelized: Preheat a baking sheet to 500 degrees before you layer on the vegetables. That way, says López-Alt, they sizzle and start browning as soon as they hit the pan. Return them to the oven until they develop that telltale char—five minutes for asparagus and up to 15 minutes for sprouts—for veggies that are at once sweet and crisp.



YOUR BEST DETOX BREAKFAST

Boozy night out? Give your liver a little extra TLC with a morning-after meal that includes a cup of joe and a splash of hot sauce. In two new research revelations, both drinking coffee regularly—even just a daily cup—and having some of the capsaicin that gives chiles their heat (an exact dosage is yet to be determined, as the study was on mice) may help protect your liver, thanks to natural compounds contained in each. Spice up your scrambled eggs with a little Tabasco, and add a side of avocado on whole-wheat toast, topped with hot sauce and chile flakes. The avocado will also give you some magnesium and potassium, which alcohol can deplete.

SOURCES: World Cancer Research Fund International (coffee), European Association for the Study of the Liver

Food styling by Jamie Kimm; prop styling by Emily Mullin/Hello Artists. Top left: Courtesy of Random House

Photographs by TOM SCHIERLITZ

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Skechers Performance proudly supports the American Cancer Society in the fight against breast cancer.

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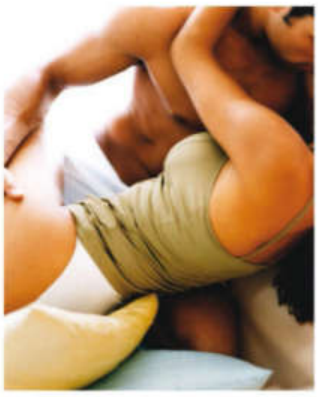
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INCREASE IN YOUR ODDS OF HAVING SEX TONIGHT FOR EACH ADDITIONAL HOUR YOU SLEPT LAST NIGHT. AND IT'S NOT JUST ABOUT HAVING MORE ENERGY: RESEARCH SHOWS THAT BETTER SLEEP INCREASES THE BIOAVAILABILITY OF SEX HORMONES, WHICH MAY HELP EXPLAIN THE BOOST IN DESIRE, SAYS CLINICAL PSYCHOLOGIST DAVID KALMBACH, PH.D. SWEET DREAMS!

SOURCE: *Journal of Sexual Medicine*

health right now

THE SMARTER CLEANSE

See this unassuming dish towel? It's a germ superhighway, a bigger culprit of cross-contamination than any other surface in your kitchen—handles, countertops, and salt-shakers included—new research from Kansas State University found. Dubbed the kitchen blankie, "it is used for so many different things, like cleaning up spills, wiping down the counter, and drying hands, that it allows germs to quickly spread from food to surfaces to hands and back again," says study author Jeannie Sneed, Ph.D. To cut down on circulating cooties, designate separate towels for hands (absorbent terry cloth) and dishes (sturdy cotton) and wash them weekly, Sneed suggests. Use paper towels for wiping up spills during prep, especially if they're from germ-filled raw meat or eggs.



Campylobacter jejuni Usually found on raw chicken, it's a food-poisoning hazard.

Norovirus The number-one cause of food poisoning, it can be transferred during food prep by contaminated hands.

Shigella It hitchhikes on traces of feces found on raw produce or even hands and can lead to a serious case of diarrhea.

Salmonella This supercommon source of food poisoning can be found on raw meat and eggs.

Staphylococcus aureus It's usually a harmless germ, but when transferred to a food like potato salad that is then left out at room temp too long, it turns into a stomach-churning toxin.

***E. coli* 0157** These infamous stomach-upsetting bugs often hide on unwashed fruits and veggies.

Listeria monocytogenes Sources of this widespread food-borne pathogen can include deli meats, smoked seafood, and unpasteurized milk and cheeses.

TRY THIS 10-SECOND HEALTH CHECK

You might not give much thought to your thyroid gland, but when it's out of whack, it can cause a host of symptoms, including fatigue, brain fog, weight gain, and even depression. Here's a simple spot test to see how it's humming along: Stand in front of a mirror as you take a swig from a glass of water, then tilt your head back slightly so you can gaze into the mirror as you swallow. If you detect a bulge in your lower neck just above your collarbone, your thyroid may be swollen and not functioning normally, according to the American Association of Clinical Endocrinologists. Ask your doctor for a thyroid-stimulating hormone blood test to confirm the diagnosis and any need for hormone treatment.



ENERGY CRISIS
Your thyroid regulates how quickly you burn energy, so tiredness is a red flag that the gland is malfunctioning.

Top left: Arthur Belebeau/Trunk Archive. Center: Travis Rathbone; styling by Sarah Guido-Laakso/Holley Resources. Illustration by Paul Oakley

EAS
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ACHIEVING A BETTER FORM IS WITHIN REACH

From yoga to the gym, if you workout, chances are you need more protein to get stronger. But do you really want to add 2 more ounces of peanuts to your diet, daily? That's why EAS has the protein your body needs in the forms you love to help you get stronger, get better, and get there quicker. All you have to do is reach.

YOUR BEST IS WITHIN REACH

Katie Yip
Yoga + Pilates Instructor



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PAP93103



Get over a fight faster

One of the most common mistakes couples make when arguing is to expect the other person to be a mind reader, a study at Baylor University found. "People think, If he really loved me, he would understand why I feel the way I do," lead author Keith Sanford, Ph.D., says. Rather than clam up and seethe, be straightforward to clear the air, Sanford suggests. Explain your position in a nonaccusatory way and you'll not only clue your guy in but also elicit an empathetic response. Then you can both make up and move on.

happiness right now

TRY THIS TWO-SECOND MOOD BOOSTER

Chin up—walking tall can make you more cheerful, according to a study from Witten Herdecke University in Germany, which looked at the mindset of hunchers versus that of more upright striders. Scientists say the brain associates postures with emotions. Slump and your mood tanks. Straighten and you have a bright new attitude.



Walk tall for an instantly sunnier outlook.

39%

SPIKE IN WORK MOTIVATION YOU GET AFTER FOCUSING ON WHAT YOU LIKE ABOUT YOUR JOB. EVERY DAY, MENTALLY LIST ONE OR TWO NICE WORK PERKS.

SOURCE: *Journal of Occupational and Environmental Medicine*

30 IS THE *NEW* HAPPY

You'll be glad to hear this: Age brings more bliss. It turns out, the tipping point is around 30, when your happiness level begins to surpass the general population's, a poll of **more than 262,000 people** found. And it continues to climb so that by 65, you're 14 times more likely to be happy than unhappy. "As you grow older, you tend to experience more career stability and financial security, both of which add to overall contentment," researcher Lamar Pierce, Ph.D., explains. "Plus, you have a stronger sense of self, so you stress less about things that don't really matter."



GOOD NEWS! People are six times more likely to say they're glad than sad.

SOURCE: CivicScience, a consumer research company

Top left: Bruno Juminer/Folio-id.com. Center: Arthur Belebeou. Right: Trunk Archive


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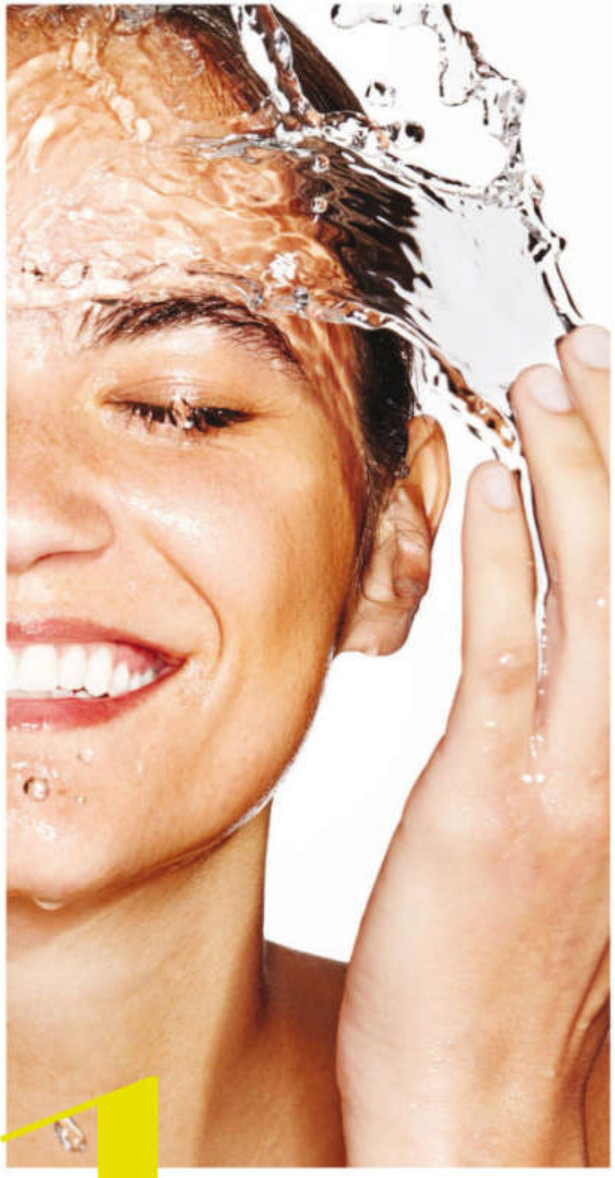
SIX SECRETS TO HEALTHY HAIR

FIGHT WRINKLES AS YOU SLEEP

31 days to your most gorgeous skin

These tips will reveal the clarity and radiance you were meant to have and lock down the best beautifying habits.

By CHERYL KRAMER KAYE



Hair by Louis Angelo/Ray Brown Pro for Julien Farel Salon and Restore Spa; makeup by Brian Duprey/Judy Casey, Inc., for Nars

1 Wash your face twice a day, but only twice.

"It's my goal to turn morning water splashers into cleanser users," says Nandi Wagner, a lead aesthetician for the Bliss SoHo spa in New York City. "Your skin does its repair work at night, and the old cells rise to the surface. You need a gentle cleanser to loosen those cells and wash them away."

2. Sweat, of course. If you're reading this magazine, you know the importance of exercise for your health and well-being. The skin benefits are like a free gift with purchase. "Getting your heart pumping increases the delivery of oxygen and other crucial nutrients to the skin cells, helping them function at peak efficiency," says David E. Bank, M.D., a dermatologist in Mount Kisco, New York, and a *Shape* advisory board member.

3. Give your face a workout, too. "Why not do tone-ups for the 57 muscles of your face?" says Michelle Yagoda, M.D., a facial plastic surgeon in New York City. "Facial exercise takes commitment, but only a few minutes a day." Her pick: the Facercise DVDs (facercise.com). →

Photographs by ARTHUR BELEBEAU

SCAN TO TRACK YOUR PROGRESS AND SHOP!
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4. Shield your shoulders. Shoulders get direct sun exposure when you go out for a run. "Switch from a tank top to a T-shirt when you exercise outside," says Sonya Dakar, the owner of the eponymous skin clinic in Beverly Hills. "That little bit of extra material will go a long way toward protecting your skin." Look for techie, polyester fabrics and workout tees labeled "UPF 50+" (UPF is like the SPF rating, but for clothing).

5. Drink even more water. Almost half of Americans aren't drinking even four 8-ounce glasses of water a day, according to a study by the Centers for Disease Control and Prevention. "Double your water intake and in about two months you'll see it reflected in your skin," Wagner says. Although water doesn't work the way, say, a body butter does, it will keep your skin's protective barrier intact, making topical moisturizers more effective.

6. Wear sunscreen all the time. Not one expert we spoke to neglected to make this recommendation—and yet, a new study in the *Journal of the American Academy of Dermatology* found that only 43 percent of women regularly apply sunscreen to their face. Forgive us while we get up on this soapbox, but sunscreen is the number-one way to prevent wrinkles, brown spots, broken capillaries, sagging, and skin cancer. Choose a sunscreen or a moisturizer with SPF 30 or higher that feels great on your skin so you'll enjoy wearing it. One that does: **Scalisi Skincare Anti-Aging Moisturizer SPF 30** [A].

7. Wear sunglasses every day… unless it's raining. "They'll protect your delicate under-eye skin from the sun," Dakar says. "Also, they stop you from squinting, so you stave off crow's-feet." Our model is sporting **Oakley Hold On shades** ($130, oakley.com).

8. And don't forget your lips. Squamous cell carcinomas of the lip have a higher rate of metastasis than similar cancers on other sun-exposed body parts. Protect your mouth with sunscreen and an emollient ingredient like petrolatum to prevent chapping. Try **Carmex Lip Balm Click Stick with SPF 15** ($2, walgreens.com).

9. Schedule a skin check. And while we're on the cheery subject of skin cancer, all forms of the disease, including melanomas, are nearly 100 percent curable if caught early. Once a month, check your skin from head to toe looking for anything new or different. Once a year, see a dermatologist for a screening. Hey, why not schedule that appointment now? Find a derm in your area at aad.org.

10. Get your beauty sleep. "Stop bingeing on Netflix, put your phone away, and just go to bed," Wagner says. "The more you sleep, the more time your skin has to repair." Make eight hours a goal but settle for no fewer than six.

11. Have a secret weapon. And for those times when you're late to bed and early to rise, give your skin an extra boost to make up for the repair time it's missing. Wagner's "sleep in a bottle" is **Bliss Triple Oxygen Instant Energizing Mask** ($52, ulta.com), which invigorates skin with a blast of oxygen that makes cells work more efficiently.

12. Moisturize your whole body. "I've done it every day for as long as I can remember," says Amy Wechsler, M.D., a dermatologist in New York City. In addition to strengthening your skin's barrier, which keeps bacteria and viruses out of our bodies, a daily lotion makes your skin feel supersoft. Apply it right after you shower to lock in moisture. Our pick: **Vaseline Intensive Care Advanced Repair Lotion** [B].

13. Sleep in a mask. We don't mean the silky kind that Audrey Hepburn wore in *Breakfast at Tiffany's*; these are hydrating masks that you apply over your night cream to "seal in all of your treatment products and take your results to the next level," Dakar says. We love **Laneige Water Sleeping Mask** [C], which has an orange-flower, rose, and sandalwood sleep-inducing scent. →



From left: Scalisi Skincare Anti-Aging Moisturizer SPF 30 ($65, scalisiskincare.com). Vaseline Intensive Care Advanced Repair Lotion ($5, cvs.com). Laneige Water Sleeping Mask ($23, target.com).

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14. Exfoliate weekly. "Regular exfoliation improves cell turnover and reveals fresh skin," Dr. Bank says, "but scouring your skin with a scratchy scrub isn't going to make it smoother, just more irritated." Try a scrub with rounded beads, or a chemical exfoliant such as glycolic acid.

15. And sometimes really exfoliate. "My patients tell me they get so many compliments on their skin after a microdermabrasion treatment," Dr. Wechsler says. The in-office sandblasting (with microcrystals or diamond-encrusted wands) goes deeper than a regular exfoliant, removing surface dark spots and stimulating deeper cell renewal. For a home version with nearly pro results, try the **PMD Personal Microderm** ($159, getpmd.com).

16. Load up on antioxidants. Adding the free radical fighters to your routine will help enhance your skin's ability to combat UV rays, pollution, and other environmental factors. To make sure your supply is adequate, it's best to both apply anti-o's and consume them. Look for products with topical antioxidants like vitamins A, C, and E, and "eat three antioxidant-laden foods each day, like tomatoes, berries, and dark green veggies," says Ranella Hirsch, M.D., a dermatologist in Boston.



From left: Murad Rapid Age Spot and Pigment Lightening Serum ($60, murad.com). **Sonya Dakar Eyeposuction** ($175, sonyadakarskinclinic.com). **Eucerin In-Shower Moisturizer** ($13, eucerinus.com).

17. Eat your omegas. Choose foods with omega-3 fatty acids: "They strengthen the membrane of skin cells, improving barrier function and reducing environmental damage," Dr. Bank says. Salmon, tuna, olive oil, flaxseed oil, and nuts are all good sources.

18. Stop the spots. "Environmental damage leading to hyperpigmentation can occur anywhere," says Howard Murad, M.D., a dermatologist and the founder of the skin-care company Murad, "even while driving in the car on a cloudy day or sitting in your office near the heater." Yikes! Hydroquinone (HQ) is the most effective home remedy, but dark-skinned women may find that it makes spots even more noticeable. A non-HQ option to try: **Burt's Bees Brightening Dark Spot Corrector** ($20, burtsbees.com) with daisy extract. Our HQ pick: **Murad Rapid Age Spot and Pigment Lightening Serum** [A].

19. Go big with your eye cream. "Eye area skin is thinner, has fewer oil glands, and shows puffiness more quickly than the rest of your face," Dakar says, so eye creams are milder and more firming than regular facial moisturizers. "Apply eye cream to the area covered by Jackie O–style sunglasses." Try **Sonya Dakar Eyeposuction** [B]

20. Baby your skin when it's sensitive. "At some point, everyone experiences sensitive skin," Dr. Wechsler says. "Either you're born with it or you have it temporarily" due to an outside stressor, such as sun exposure or the overuse of aggressive skin-care products. For this reason, Dr. Wechsler, who is the consulting dermatologist for Chanel, helped create **La Solution 10 De Chanel** ($80, chanel.com), a fragrance-free moisturizer featuring white tea and nine other soothing ingredients. It's a product everyone should have in her tool kit.

21. Find a time-saver. We love a high-quality quickie. Slash seconds with an in-shower body lotion. Smooth it on while you're still in the shower, then rinse it off (like a conditioner for your bod). Towel off and get dressed—the lotion has already sunk in. Try **Eucerin In-Shower Moisturizer** [C] with skin-softening panthenol.

22. Spread the love. "Whatever you're already using on your face—antiagers, sunscreen, and so on—apply it to your chest, neck, and hands, too," Dr. Hirsch says. "It's very little effort for a big return." →


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23. Have sex three times a week. "One study showed that older couples who have more frequent sex look approximately seven years younger than their age-matched counterparts," Dr. Wechsler reports. Research suggests that sex releases human growth hormone, a contributor to more elastic skin, and endorphins, which help you sleep better.



24. Use a retinoid.
This was another must from all the derms we spoke to, and they all preferred the prescription-strength vitamin A derivative known as tretinoin. "There's nothing stronger in the antiaging world," Dr. Wechsler says. The nonprescription version, known as retinol, isn't quite as powerful, but it's still the strongest antiager you can buy over the counter. Our pick: **Avon Anew Clinical Pro Line Eraser** [A].

25. Do this two-minute face massage.
"Using your nighttime moisturizer, massage your face and neck along the length of the muscle, making circular motions, Dr. Yagoda says. "You'll increase blood circulation, counteract gravity, and eliminate toxins."

26. Book a laser treatment.
Intimidated by the idea? Then try an entry-level laser, like **Clear + Brilliant** ($300 to $500 per treatment, clearandbrilliant.com), which evens out skin tone and reduces the appearance of wrinkles and pores while leaving the top layer of your skin intact. "You can do it and go right back to work," says Dr. Wechsler, who recommends three, once-a-month treatments for long-term results.

27. Prevent moisture loss.
"As we age, our skin starts to lose moisture," says Naomi Whittel, a certified nutritional consultant and the founder of Reserveage Nutrition in Boca Raton, Florida. "Ceramides are the mortar that holds our cells together on the outer layer of our skin, creating that moisture barrier." (See page 70 for a great topical ceramide formula.) Whittel recommends a ceramide supplement like **ResVitále Collagen HydraPlump with Ceramides** ($40, gnc.com).

28. Go pro . . . biotic.
Another skin barrier builder? Probiotics, the good bacteria that protect you from the harmful kind. They can be taken orally, but topical application gets them straight to your skin. Find them in **Elizabeth Arden Superstart Skin Renewal Booster** [B].



From left: Avon Anew Clinical Pro Line Eraser ($35, avon.com). Elizabeth Arden Superstart Skin Renewal Booster ($65, elizabetharden.com). Pure Beauty Oil Pure Marula Face Oil by John Paul Selects ($78, marula.com).

[A] [B] [C]

29. Try a face oil.
"The secret to an instant glow is face oil," Dakar says. "It will nourish your skin and give it a healthy shine." We've fallen for **Pure Beauty Oil Pure Marula Face Oil**, which is rich in omega-3 fatty acids [C].

30. Ditch a bad habit.
If you're still smoking, stop, for lord's sake. Cigarettes constrict blood vessels, slowing your circulation and depriving your skin of oxygen and nutrients. Frequenting tanning salons is also a huge no-no. And picking at pimples. We know we sound like your mom, but really, just quit it.

31. Take a holistic approach.
Imagine a place where pretty much everything on this list is encouraged and supported (well, no guarantees on number 23). Now go there. Download the Love My *Shape* app to enter to win a week at Rancho La Puerta, the life-changing award-winning health and spa retreat in Tecate, Baja California, Mexico. Your body, mind, and skin will thank you. ★

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3 questions for makeup pro Sir John

Beyoncé's go-to guy—and makeup artist for L'Oréal Paris—reveals how to wake up your eyes, get chiseled cheeks, and more.



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"I have dark circles. How do I cover them up without making them cakey or too light?"

—Andrea, 32, Geneva, Illinois

For delicate under-eye skin you need a brightening concealer in a creamy, hydrating formula that's lighter than your pimple camouflage so it won't settle into lines. Choose a hue with pink or peachy undertones; those work best to neutralize the blue or purple tint of dark circles. Start with a dot on your ring finger and gently pat the makeup underneath the tear duct, then blend it outward, using less and less product as you go and making sure not to tug the skin. And always leave the rim of skin directly below your bottom lash line bare; a bit of darkness there looks natural and adds nice dimension.

"What subtle but sexy contouring technique can I use to play up my cheekbones?"

—Regina, 37, Massapequa, New York

To create realistic-looking shadows, reach for a shade with gray undertones (think taupe blush or olive bronzer); cool colors like these, not warm ones like terra-cotta bronzers, make things recede visually. Then it's all about the placement. Make a fish face and use an angled blush brush to blend the color in the hollows of your cheeks, starting at your earlobes and ending just under your apples. If you want to take it further, lift your chin and blend along your jawline; this will make your neck look a little longer. Brush a bit on the temples and top of your forehead to frame your face. And no matter whatever you have planned for your eyes—pink or blue eye shadow (or no makeup at all)—switch to a fluffy eye shadow brush and apply that same contour shade to your eye sockets. Finally, run the color lightly down the sides of your nose and underneath the tip.

"Is there a trick for perfectly lined eyes?"

—Nicole, 26, Brooklyn

Whether you're using a pencil, a liquid, or a gel, never try to define your upper lash line in a single swipe. It just doesn't work—not even for the pros! To make it clean *and* foolproof, use smaller strokes: Draw your first line from the tear duct to the center of your eyelid and the second line from the center to the outer corner. From there, you can extend the line toward your brows to create a wing. Use a cotton swab dipped in makeup remover to clean up the edges.

OUR GURU'S MUST-HAVES

His secret shimmer potion I mix a squirt of **L'Oréal Paris True Match Lumi Liquid Glow Illuminator** ($13, drugstores) with lotion to create a body highlighter. Blend it on your décolletage and shoulder blades and down the center of your shins.

His tool for fuller lashes I'm a lash guy. **L'Oréal Paris Voluminous Miss Manga Mascara** ($8, drugstores) is my favorite. The brush is skinny at the tip so you can create tons of volume in the inner corners, where it's hardest to get definition.

His magic bullet Makeup artists want this raw, undone sort of thing now, but I love the glamorous look of a rich lipstick. **Charlotte Tilbury K.I.S.S.I.N.G. Lipstick in Penelope Pink** ($32, charlottetilbury.com) is a beautiful, dense nude. It is full coverage, has just the right undertones, and makes your lips look plumper and poutier.



Courtesy of L'Oréal Paris; Charlotte Tilbury (lipstick)

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Meet your mask

These potent treatments work spa magic on your face, lips, and hair.

By ERICA METZGER

Overnight sensation

Get serious hydration, treat fine lines, and boost radiance with **By Terry Cellularose Hydradiance Mask** ($85, b-glowing.com).

Pore peacemaker

The exfoliating jojoba beads in **Origins Original Skin Retexturizing Mask with Rose Clay** ($25, origins.com) gently slough off dead flakes.

Complexion crisis control

The 10-minute **Yes to Tomatoes Detoxifying Charcoal Mud Mask** ($16, yesto carrots.com) unclogs your pores while its soothing botanicals calm redness.

Mouth resuscitation

Better than a balm, **Bite Beauty Smashed Agave Lip Mask** ($26, sephora.com) moisturizes with olive fruit and jojoba oil and protects with resveratrol, a powerful antioxidant.

The new juicing

Reveal squeaky-clean high-beam skin: **Renée Rouleau Triple Berry Smoothing Peel** ($87, reneerouleau.com) blends antioxidant-rich berries with exfoliating AHA and BHA acids.

For girls with curls

Once or twice a week, slather on **Macadamia Professional Ultra Rich Moisture Masque** ($36, ulta.com) to keep naturally textured hair soft and frizz-free.

Brighter and tighter

Leave **Dr Dennis Gross Color Smart Cleanser & Mask** ($28, sephora.com) on your skin for a few extra minutes to take full advantage of its detoxifying and brightening agents.

Recipe for red carpet skin

An at-home facial upgrade, **Charlotte Tilbury Goddess Skin Clay Mask** ($70, charlottetilbury.com) combines Spanish clay, sweet almond, and rose hip oils with the latest antiaging peptides.

Cool factor

Long weekend in the elements? With anti-inflammatories like chamomile flower and green tea, **Privai Aqua Gel Masque** ($34, privai.com) hydrates red or irritated skin.

Hair-apy session

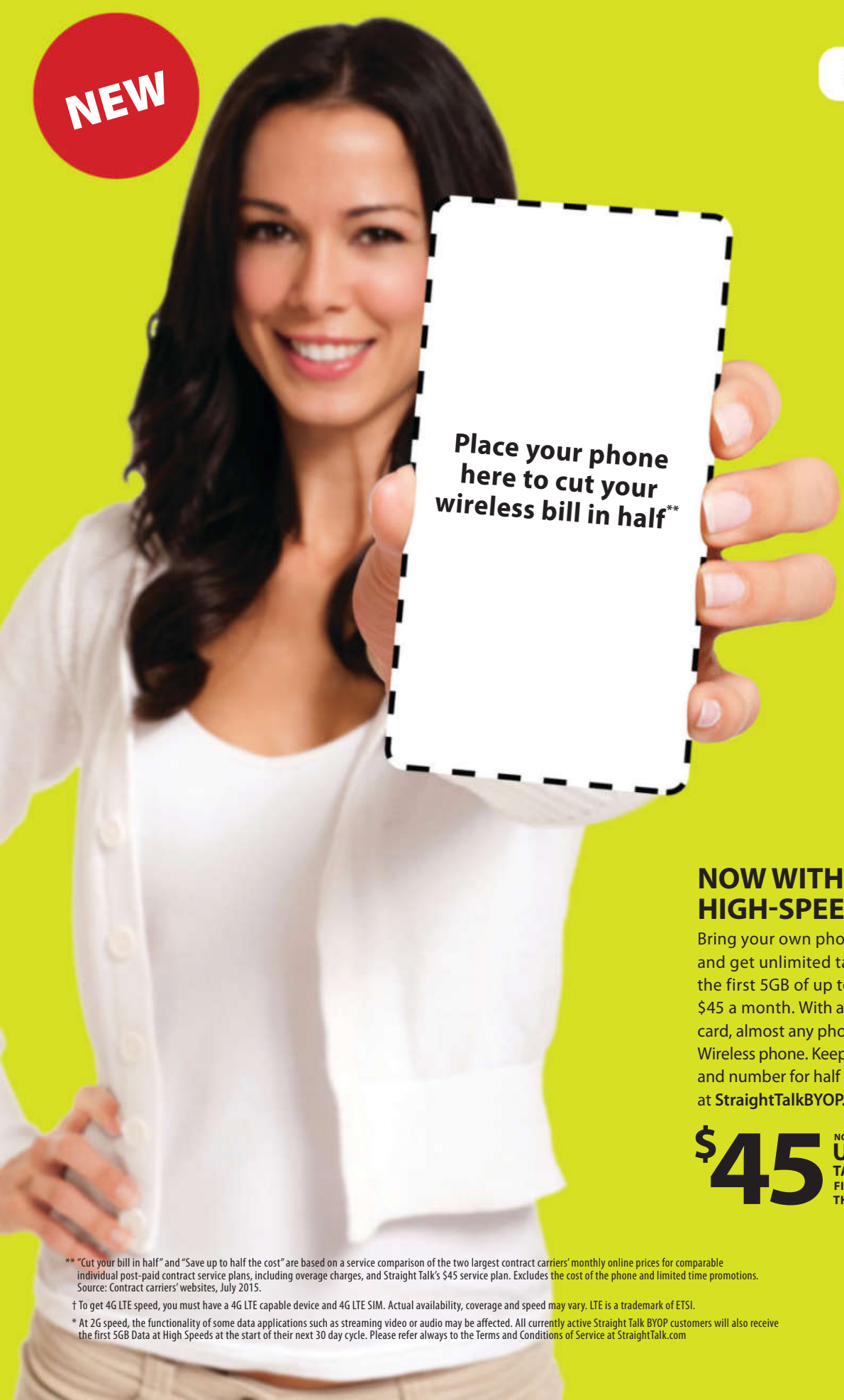
Phyto Phytokeratine Extreme Exceptional Cream ($40, sephora.com) rehabs frayed strands with botanical keratin, sapote butter, and baobab oil.

Styling by Sarah Guido-Looksо/Halley Resources

Photograph by CLAIRE BENOIST

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Shape Executive Beauty Director Cheryl Kramer Kaye

I was on an infomercial once

Did you know I was fame-ish? I mean, I've been on some morning shows, but this was different. I was a cohost of a half-hour paid program for the **Temptu** air-brush makeup system. I jumped at the chance because (a) I really, truly think the airbrush makeup is awesome. You can go from supersheer to full coverage and it always looks natural. And (b) I'm a sucker for info-mercials. I've bought my fair share of as-seen-on-TV products at 4:00 a.m. (Perfect Omelet maker? Check. Infinite Dress? Got it.) So to appear on an infomercial was the realization of an admittedly campy dream. The only glitch was that the original Temptu system was a bit ungainly: It took me multiple takes to look graceful wielding it on camera. But this month, Temptu launches its first airbrush device that you can hold in your hand. It's like upgrading from a desktop to an iPad Air; you can even toss this baby in your gym bag. Operators are standing by!



Bioré Limited Edition Deep Cleansing Pore Strips ($6, drugstores). **OPI Avojuice Vanilla Lavender** ($10, ulta.com). **Temptu Air** ($195, temptu.com).

Come to my Sunday night stripper party!

To me, there's nothing quite so satisfying as peeling off a **Bioré Pore Strip** and examining the former contents of my pores under the bathroom light. It is, in equal parts, disgusting and divine. I guess an exfoliating scrub would do the job, but then I would miss out on the visual of exactly how much I've detoxed. And I love starting the week having "stripped." Clean pores, clean slate! For pore-strip virgins and aficionados alike, this is the perfect time to buy them: Bioré is doing a limited edition set of strips in adorable prints. It's not like anyone will see them except for the mirror and me, but still. . . .

Let's talk about hand cream addiction

It's an epidemic. I've seen so many loved ones fall prey to the cycle of overhydrated hands. Not good. "Continuous use of thick moisturizers makes your skin lazy, because the cream does the job of maintaining barrier function," explains Joshua Zeichner, M.D., a dermatologist in New York City. Unless you wash your hands frequently (like doctors, nurses, chefs, manure salespeople), applying lotion twice a day should suffice. For me, the problem has always been the opposite: I didn't like the smell of hand lotion wafting before my face every time I gesticulated. Until I found the heaven-scented **OPI Avojuice Vanilla Lavender**. Please, start preparing for *my* intervention.

From top: Ondrea Barbe; hair by Natasha Liebel/ABTP.com; makeup by Rachel Wood/ABTP.com. Claire Benoist; styling by Sarah Guido-Lookso/Halley Resources

Win all this beauty loot!

See that seal? It represents a vote of confidence from Cosmetic Executive Women (CEW), which is made up of more than 6,000 beauty industry execs. The products below are winners of the 2015 CEW Insiders' Choice Beauty Awards, and each has earned the right to flaunt that seal. And you, as a *Shape* reader, have earned a chance to win them all! In celebration of National Beauty Month, the Meredith Corporation (*Shape*'s parent company) has partnered with CEW, giving you a shot at winning every product you see on this page, valued at more than $1,500. **How do you do it?** Go to **beautybash.me** starting on August 24 to enter. (See details below.)

THESE 34 PRODUCTS MIGHT FIND THEIR WAY INTO YOUR VERY OWN BEAUTY CLOSET:

Charlotte Tilbury Wonderglow Instant Soft-Focus Beauty Flash Primer

COOLA Suncare Coola Sport SPF 50 Unscented Sunscreen Spray Eco-Luxe Size

Coty Inc. Sally Hansen Miracle Gel

Coty Inc. Love 2 Love Jasmine + Sparkling Mimosa

Coty Inc. Marc Jacobs Daisy Dream

Crest 3D White Whitestrips

Dior Addict Fluid Stick

Estée Lauder Clear Difference Targeted Blemish Treatment

Estée Lauder Advanced Night Repair Synchronized Recovery Complex

FLOWER Eye 2 Eye Eye Marker & Volumizing Mascara

FOREO Luna™ T-Sonic™ Cleansing and Anti-Aging System

Fresh Sugar Lip Serum Advanced Therapy

GLAMGLOW Powermud Dualcleanse Treatment

GLAMGLOW Thirstymud Hydrating Treatment

Jergens BB Body Perfecting Skin Cream

L'Oréal Paris Revitalift Miracle Blur Instant Eye Smoother

L'Oréal Paris Superior Preference Mousse Absolue

L'Oréal Paris Advanced Suncare Quick Dry Sheer Finish Spray SPF 50+

La Roche-Posay Pigmentclar Dark Spot Correcting Serum

Lancôme Grandiôse Mascara

Laneige BB Cushion

Laneige Water Sleeping Mask

Living Proof Curl Conditioning Wash

Living Proof Instant Texture Mist

MAC Cosmetics Mineralize Skinfinish Natural

Marula Pure Beauty Oil

Nudestix Lip & Cheek Pencil

Scalisi Skincare Anti-Aging Moisturizer with Broad Spectrum SPF 30

Shiseido Ultimune Power Infusing Concentrate

Shiseido Benefiance Wrinkleresist24 Pure Retinol Express Smoothing Eye Mask

Shiseido Ultimate Sun Protection Spray SPF 50+

Sonia Kashuk Dewy Luxe Lip & Cheek Balm

T3 Micro Whirl Trio Interchangeable Barrel Styling Wand

Urban Decay Naked Skin Body Beauty Balm



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The transformers

We spritzed, swiped, and slathered, testing all the latest products—hundreds of them—to bring you these undisputed bombshells. Introducing this year's best in beauty.



Our 59 winners, revealed

Photographs by CLAIRE BENOIST

2015 SHAPE BEAUTY AWARDS

Makeup

1/BLUSH

By Terry Aqua Tint Lip & Cheek Color Touch Duo ($54 for both, b-glowing.com)
It's the makeup equivalent of a snow globe: This light-as-water fluid covers your cheeks (and lips if you're so inclined) in the sheerest layer of color, and its shimmer lands like fairy dust.

2/LIP GLOSS

Mary Kay NouriShine Plus Lip Gloss ($15, marykay.com)
A gloss never felt this good: Vitamins C and E condition, aloe vera soothes, and the 16 color-saturated shades truly shine.

Our expert says:

"Maybelline Brow Drama Mascara is a great multitasker. It not only sets your brows easily but also makes them appear thicker."

—Frances Hathaway, makeup artist

3/LIPSTICK

Chanel Rouge Coco Ultra Hydrating Lip Colour ($36, chanel.com)
Think the chic black tube is luxe? Wait until you swipe on the creamy formula, infused with jojoba and mimosa butters, sunflower wax, and silicone. And the 29 shades, each named after Coco Chanel's BFFs? You're sure to find your new bestie among them.

4/LIP PENCIL

L'Oréal Paris Colour Riche La Lacque ($10, drugstores)
Whether you like to overdraw your pout like a Kardashian or stay within the lines, this pen offers precise definition and a high-pigment payoff. Argan and safflower seed oils add a silky texture.

5/BROW ENHANCER

Maybelline Eye Studio Brow Drama Sculpting Brow Mascara ($8, drugstores)
The easiest way to creating believably bold brows, this tinted gel formula comes in three shades that blend seamlessly and features a sculpting ball brush that lets you fill in gaps and define arches.

6/MASCARA

Clinique Chubby Lash Fattening Mascara ($17, clinique.com)
The oversize brush is designed to deliver major fullness, and its plastic bristles separate lashes as they build drama. The five shades won't flake or smudge and are subtle enough for grown-ups.

7/EYELINER

Laura Geller Inkcredible Waterproof Gel Eyeliner Pencil ($20, ulta.com)
The advice we always give for using bright shades of eyeliner: Apply just a thin streak. This tiny-tipped pencil, which comes in 10 shades, lets you get *thisclose* to your lash line for perfect application, then lasts all day and night.

8/EYE SHADOW

Lancôme Auda(city) in Paris Multi-Pan Eyeshadow Palette ($68, lancome-usa.com)
Sparkling champagne for an aperitif, rich chocolate for dessert, and every delicious color in between. You can safely swipe on any of the sweet 16 shades in this palette—they work with every skin tone and eye color.



Styling by Sarah Guido-Lacko/Halley Resources



WHITER TEETH IN 3 DAYS*

JUST BY BRUSHING

Exclusive beauty tips from Blair Fowler: **youtube.com/colgateopticwhite**

Colgate

*For best results, use as directed for 4 weeks.

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Makeup

9/ MAKEUP REMOVER

Simple Skincare Micellar Make-up Remover Wipes ($6, Walmart)
Get in on the micellar craze! These gym bag–friendly towelettes are spiked with the gentle, oil-grabbing cleansers, so you can mop up grease, grime, and even stubborn mascara on the go without drying out your skin.

10/ PRIMER

Make Up For Ever Skin Equalizer Collection ($36, sephora.com)
With 10 smoothing formulas that tackle everything—shine, pores, redness, dullness—you can pick the most flattering filter for your skin and give your foundation tons of staying power.

11/ LIP BALM

Burt's Bees Squeezable Beeswax Lip Balm ($4, drugstores)
All the lip-loving ingredients you know from the original solid—beeswax, peppermint oil, and vitamin E—are now available in a gorgeous, glossy texture.

12/ TINTED MOISTURIZER

Dr. Jart+ Ceramidin Day Tint ($48, sephora.com)
Jam-packed with ceramides (the essential lipids that help skin retain moisture), SPF 15, and sheer coverage, it's a do-it-all day cream that makes your complexion look healthier than ever.

13/ SKIN FINISHER

Yves Saint Laurent Touche Éclat Blur Perfector ($55, yslbeautyus.com)
Even Robin Thicke doesn't blur lines as well as this wrinkle eraser, pore shrinker, and oil blotter in one. Wear it on clean skin or over foundation as a touch-up—we like to pull out the gorgeous compact at every opportunity!

14/ BRONZER

Vita Liberata Trystal Minerals Bronzer ($55, sephora.com)
Dust it on like a regular bronzer for a gorgeous glow that lasts for days. The powder contains teensy particles of DHA (the key ingredient in self-tanner) that are activated by your foundation or moisturizer and leave skin sunnier even after you've washed off.

15/ MAKEUP BRUSH

Sephora Collection Pro Contour Kabuki #82 ($38, sephora.com)
The soft, plush bristles are perfectly curved to hug your bone structure and easily blend creams or powders for a naturally sculpted look.

16/ CONCEALER

Bobbi Brown Intensive Skin Serum Concealer & Corrector ($40, bobbibrown cosmetics.com)
Now you can disguise those dreaded dark circles while you treat them. Just dab on the creamy concealer to hide raccoon eyes in an instant and let its brightening ingredients (like vitamin C and licorice) get to work on fading them for good.

17/ FOUNDATION

Dior Diorskin Nude Air Sérum Ultra-Fluid Sérum Foundation SPF 25 ($53, dior.com)
This whisper-light antioxidant-rich formula melts into skin, giving you an airbrush-like finish that feels so weightless, you'll forget you're wearing it.

Our expert says:

"The YSL skin finisher is a dream. It goes on smoothly and effortlessly."
—Frances Hathaway, makeup artist

Meet the experts

We recruited the beauty industry's elite to help our staff of discerning editors select this year's award-worthy products.

ANNE CHAPAS, M.D.
dermatologist
Chapas is the director of Union Square Laser Dermatology in New York City.

FRANCES HATHAWAY
makeup artist
Hathaway has more than 20 years' experience in cosmetics and has worked with celebs like Reese Witherspoon and Gisele Bündchen.

JULIE KANDALEC
celebrity manicurist
Kandalec works on photo shoots and runway shows. She is the creative director of the New York City nail studio Paintbox.

KATTIA SOLANO
hairstylist
After working under some of the top hair pros in the industry, Solano opened her own salon, Butterfly Studio, in New York City in 2001.



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Face

1/EYE TREATMENT

Peter Thomas Roth Cucumber De-Tox De-Puffing Eye-Cubes ($50, sephora.com)
Stash these cucumber extract–infused discs in your freezer, then massage one around tired-looking eyes. They contain aloe vera to help with swelling plus arnica and caffeine to diminish dark circles.

2/MASK

Dr. Brandt Oxygen Facial Flash Recovery Mask ($69, sephora.com)
We can't get enough of this foamy mask that feels like CPR for your face. Apply to damp skin and oxygenated bubbles transform into a light froth, boosting cell circulation and reviving dullness in just three minutes.

3/SERUM

Boots No7 Protect & Perfect Advanced Serum ($23, target.com)
This U.K. cult classic now combines anti-aging peptides and exfoliating salicylic acid because—news flash!—you can have wrinkles and acne at the same time.

4/NIGHT CREAM

Garnier Ultra-Lift Miracle Sleeping Cream ($17, drugstores)
They say lavender oil can help put you to sleep, and this formula has it—and more. Packed with hyaluronic acid, which keeps skin hydrated, and adenosine, an ingredient known to soften fine lines, it's all you need to look glowy and fresh in the a.m.

5/ACNE TREATMENT

Estée Lauder Clear Difference Oil Control/Mattifying Hydrating Gel ($50, esteelauder.com)
How do you ensure your zit stuff doesn't dry out your skin? Marry it with a moisturizer! The oil-free gel feels soothing on your skin, and the clarifying complex squelches pimples before they pop up.

6/DAY CREAM

Neutrogena Hydro Boost Water Gel ($18, drugstores)
A light, refreshing moisturizer with glycerin, olive extract, and hyaluronic acid, so it's *craaazy* hydrating. And since it's oil-free, you won't break out or feel greasy.

7/FACIAL EXFOLIATOR

Josie Maran Argan Exfoliating Cleansing Powder ($40, qvc.com)
You normally use powder to touch up your face—use this one to exfoliate it. A splash of water instantly morphs it into the creamiest, gentlest scrub. Finely milled argan shells slough away dead cells, and naturally derived antioxidants (tea tree, licorice root, green tea) calm and clarify skin.

8/BRIGHTENER

Skinceuticals Metacell Renewal B_3 ($110, skinceuticals.com)
This potent serum uses niacinamide and peptides to repair blotchy, photo-damaged skin. Fifteen percent glycerin pulls water into your skin for major hydration. Wear a thin layer on your face, neck, and chest under your sunscreen.

9/PORE TREATMENT

BeautyRx by Dr. Schultz Dermstick for Pores ($29, beautyrx.com)
A true triple threat: This powerful pore treatment uses glycolic acid to decrease the appearance of pore size, pumpkin seed extract to keep pores clean, and tea tree oil to clarify pores. We no longer fear the magnifying mirror!

10/CLEANSER

CeraVe Renewing SA Cleanser ($13, drugstores)
This fragrance-free salicylic acid sudser scored major points for its exfoliating yet gentle formula, even earning rave reviews from our testers with sensitive skin.

Our expert says:

"CeraVe Cleanser is a great choice to exfoliate and moisturize at the same time."

—Anne Chapas, M.D., dermatologist

11/FACE OIL

Juara Radiance Vitality Oil ($65, juaraskincare.com)
You can never be too rich: The blend of a dozen plant oils, including macadamia, coconut, and avocado, gives even the most parched skin a dewy glow; vitamin C and botanical extracts help firm and smooth away fine lines.

12/SUNSCREEN FOR FACE

Murad Invisiblur Perfecting Shield Broad Spectrum SPF 30 ($65, murad.com)
Say good-bye to the ghostly white mask left by most sunscreens. This clear formula blends into any skin tone beautifully while disguising wrinkles.



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Body

1/CELLULITE TREATMENT

Soap & Glory Sit Tight Super-Intense 4-D ($24, ulta.com)
It's equipped with powerful dimple-fighting agents like caffeine (to temporarily de-puff) and three massaging nubs (to stimulate blood flow) to make your legs look a lot less lumpy.

2/BODY LOTION

Jergens Wet Skin Moisturizer ($7, drugstores) *and* Nivea In-Shower Body Lotion ($8, drugstores)
Never in our awards history have we had a tie. But after the debate raged on into the wee hours, we decided that both of these unconventional lotions deserve a win. Nivea is your last step while the water's still running; apply it and rinse, just as you would a conditioner. Use the Jergens lotion on your wet skin after you've turned off the water, then towel off. Moisturizing has never been easier!

3/SUNSCREEN FOR BODY

Hawaiian Tropic Island Sport Lotion Sunscreen SPF 30 ($10, drugstores)
This beach-scented sunscreen is sweat-proof, so you can protect your skin *and* channel a vacay vibe whether you're headed to the beach or just jogging around the block.

4/BODY WASH

Olay Fresh Outlast in Invigorating Champagne Mango & White Ginger ($6, drugstores)
This giant bottle—23.6 freakin' ounces!—of body bubbles lasts an eternity and leaves your bod completely refreshed—and hydrated, thanks to 10 times more moisturizers than soap—even after a sweaty workout. And you'll love its fruity yet sophisticated scent.

Our expert says:

"Vaseline Deep Moisture is the big gun. It's great for very dry skin on the hands, elbows, and feet."

—Anne Chapas, M.D., dermatologist

5/HAND CREAM

SkinFix Hand Repair Cream ($18, target.com)
We are very picky when it comes to hand creams. Too greasy? You're gone. Too stinky? See ya. We finally found one that meets our standards and soothes the itchiest skin (even eczema!).

6/BODY CREAM

Vaseline Intensive Care Deep Moisture Vaseline Jelly Cream ($8, drugstores)
For skin patches drier than a baked kale chip, you need a heavy-duty hydrator. This cream is where it's at, instantly softening even the flakiest elbows and calloused heels.

7/BODY SCRUB

Tata Harper Smoothing Body Scrub ($68, tataharperskincare.com)
Everything about this argan oil–based exfoliant feels indulgent, from the coarse Himalayan sea salt and fine organic raw sugar—the ultimate buffing combo—to the herbs and flowers sourced from Tata's own Vermont farm.

8/SELF-TANNER

Hampton Sun Sunless Tanning Mist ($36, hamptonsuncare.com)
This goof-proof spray goes on easily, absorbs in an instant, and leaves you with even-toned and seemingly sun-kissed skin. Plus, the lovely summery scent means you'll never have to worry about a smelly self-tan again.

9/FOOT CREAM

Eucerin Diabetics' Dry Skin Relief Foot Creme ($6, drugstores)
Rehabbing rough heels calls for serious hydration and exfoliation. This treatment combines AHAs and urea—potent dead-skin sloughers—with dimethicone, which leaves your soles soft.

10/BAR

Cetaphil Gentle Cleansing Bar ($6, drugstores)
Its sudsy lather lifts dirt and oil without stripping skin, making this cleanser safe for sensitive faces and bodies. And whereas most bars dissolve into a goopy mess, this one gets bonus points for actually staying solid.





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2015 SHAPE BEAUTY AWARDS

Hair

1/DRY SHAMPOO

Style Sexy Hair H_2NO 3 Day Style Saver Dry Shampoo ($19, sexyhair.com)
Your postgym hair *can* be saved! The clear mist absorbs oil without blanketing your roots in a chalky powder, so strands look and feel fresh.

2/MOUSSE

John Frieda Frizz Ease Air-Dry Waves Styling Foam ($10, drugstores)
Work this airy foam into damp hair, then go: It's designed to create subtly defined and frizz-free waves without the help of a diffuser (and without the crunch).

3/HAIRSPRAY

Tresemmé Perfectly (un)Done Ultra Brushable Hairspray ($5, drugstores)
Call us fickle, but we like to change our styles on a whim. With this lightweight formula, we can style, spray, restyle, spray, re-restyle, spray—sans hairspray flakes.

4/STRAND SMOOTHER

Redken Frizz Dismiss FPF 20 Smooth Force Lightweight Smoothing Spray Lotion ($22, redken.com for salons)
Meet your new flat-iron or blowout BFF. This styler blocks out flyaway-inducing moisture and protects against heat up to 446 degrees but won't weigh down more slender strands.

5/MASK

Aveda Be Curly Intensive Detangling Masque ($27, aveda.com)
When tousled turns into tangled, this treatment comes to the rescue. Loaded with oils, butters, and aromatic essences, it smooths unruly spirals, leaving them soft and fuzz-free.

6/LEAVE-IN

Pantene Pro-V Power Up Daily Treatment ($5, drugstores)
The multipurpose leave-in cream conditions, boosts shine, and prevents damage. Apply one pump on fine hair or just your ends, and two on thick or coarse hair.

Our expert says:

"Tresemmé (Un)done Hairspray is great for someone who doesn't like spray in her hair but needs a little something."

—Kattia Solano, hairstylist

7/CONDITIONER

Nexxus New York Salon Care Humectress Restoring Conditioner ($17, drugstores)
Some conditioners use protein to stop breakage; others use moisturizers to rehydrate. This one does both. Elastin protein and coconut oils leave your hair strong and totally touchable.

8/SHAMPOO

Suave Professionals Sea Mineral Infusion Moisturizing Body Shampoo ($3, drugstores)
This drugstore bargain degreases fine, limp strands with a satisfying lather and fresh aquatic scent.

9/SHINE ENHANCER

Aloxxi Essential 7 Dry Oil Shine Mist ($25, aloxxi.com)
With shine sprays, there's a fine line between glossy and greasy—one spritz too many and your style is slimed. Mist this one on with abandon: Its blend of oils absorb in a flash.

10/CURL ENHANCER

Living Proof Curl Detangling Rinse ($26, livingproof.com)
It's a humidity blocker and a curl definer, but it *isn't* a conditioner. The gel unlocks your loops the second water hits, prepping your hair for frizz-free curls. Apply to freshly conditioned or shampooed hair, then rinse.

11/CO-WASH

R+Co Analog Cleansing Foam Conditioner ($29, randco.com)
Most cleansing conditioners neither cleanse nor condition very well. This is the exception, and it leaves hair fresh *and* soft. Plus, it expands like a blob of shaving cream in your hand—fun!



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2015 SHAPE BEAUTY AWARDS

Finishing touches

1/ORAL CARE

Crest 3D White Supreme Flexfit Whitestrips ($65, drugstores)
Wear these for two weeks and say buh-bye, coffee stains! The stretchy strips contain 10 percent peroxide (as opposed to the 1 to 1½ percent typically found in whitening toothpaste) and rival the power of a pro treatment.

2/NAIL TREATMENT

Essie Gel Setter Top Coat ($10, essie.com)
One coat of this brilliant formula delivers all the perks of a gel manicure—a glossy finish, longer wear—without any of the downsides, like lengthy removal times and UV lights.

3/MANICURE COLOR

OPI Infinite Shine Gel Effects Lacquer in The Beige of Reason ($13, ulta.com)
Soft, sheer colors are always in style. And because this creamy blush polish has subtle pink undertones, it looks flattering on everyone.

4/PEDICURE COLOR

Sally Hansen Miracle Gel in Mad Women ($10, drugstores)
We want to paint our toes—and the town—in this shimmery shade of fuchsia-red. Finish with the gel topcoat for mega shine and chip-free color.

5/SHAVING CREAM

Gillette Venus With a Touch of Olay Violet Swirl ($3, drugstores)
We love how the purple gel morphs into a creamy lather, but what makes it truly special is the extra hydration; they've somehow packed in five times more moisturizers than bar soap.

Our expert says:

"I'm a big brush snob and I love the stem of the OPI Infinite Shine brush and the length of its bristles."

—Julie Kandalec, celebrity manicurist

6/RAZOR

Schick Hydro Silk TrimStyle ($14, drugstores)
It's the ultimate grooming tool for every fuzzy spot you've got. Five blades on one side give you a close, comfortable shave; four settings on the trimmer side let you shear a little or a lot.

7/DEODORANT

Dove Dry Spray Antiperspirant ($5, drugstores)
We've swapped our sticks and solids for a dry deodorant spray. From the ozone-friendly nozzle to our perfectly dry pits, we're devoted to our deo.

8/FRAGRANCE

Aerin Waterlily Sun Eau de Parfum Spray ($110, aerin.com)
Monet's garden was the inspiration for this fragrance, and with its notes of water lily and jasmine sambac the scent leaves behind an impression similar to the artist's paintings: fresh, bright, and serene.




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#1 PRESCRIBED RETINOID-FREE BRANDED ACNE PRODUCT[1]



ACZONE® (dapsone) Gel 5% is a prescription medicine used on your skin (topical) to treat acne vulgaris.[2]

Important Safety Information

Tell your doctor about all of your medical conditions, including if you have; glucose-6-phosphate dehydrogenase deficiency (G6PD) or higher than normal levels of methemoglobin in your blood (methemoglobinemia).

Talk to your doctor about any medications you're using including topical benzoyl peroxide (BPO). Use of BPO with ACZONE® Gel may cause your skin or facial hair to temporarily turn yellow or orange at the site of application.

ACZONE® Gel, 5% may cause serious side effects, including:

- a decrease of oxygen in your blood caused by a certain type of abnormal red blood cell (methemoglobinemia). If your lips, nail beds or the inside of your mouth turns grey or blue, stop using ACZONE® Gel 5% and get medical help right away.
- a breakdown of red blood cells (hemolytic anemia) for some people with G6PD deficiency using ACZONE® Gel 5%. If you get any of the following signs and symptoms such as back pain, breathlessness, tiredness/weakness, dark-brown urine, fever, and yellow or pale skin, stop using ACZONE® Gel 5% and call your doctor right away.

The most common side effects of ACZONE® Gel are dryness, redness, oiliness, and peeling of the skin being treated.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of full Product Information on the adjacent page.

Before | After 12 Weeks



Individual results may vary.
Studied in males and females 12 and older.
Illustration of clearing

References: 1. IMS Health, Inc. Vector One®: National (VONA). Plymouth Meeting, PA: IMS Health, Inc.; Total prescriptions filled for non-retinoid acne treatments between February 2014–January 2015. **2.** ACZONE® Prescribing Information.

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Aczone® (dapsone) gel, 5%

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ACZONE® (dapsone) Gel 5%

BRIEF SUMMARY—PLEASE SEE THE ACZONE® PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

INDICATIONS AND USAGE

ACZONE® Gel, 5%, is indicated for the topical treatment of acne vulgaris.

DOSAGE AND ADMINISTRATION

For topical use only. Not for oral, ophthalmic, or intravaginal use. After the skin is gently washed and patted dry, apply approximately a pea-sized amount of **ACZONE®** Gel, 5%, in a thin layer to the acne affected areas twice daily. Rub in **ACZONE®** Gel, 5%, gently and completely. **ACZONE®** Gel, 5%, is gritty with visible drug substance particles. Wash hands after application of **ACZONE®** Gel, 5%. If there is no improvement after 12 weeks, treatment with **ACZONE®** Gel, 5%, should be reassessed.

CONTRAINDICATIONS

None.

WARNINGS AND PRECAUTIONS

Methemoglobinemia

Cases of methemoglobinemia, with resultant hospitalization, have been reported postmarketing in association with **ACZONE®** Gel, 5% treatment. Patients with glucose-6-phosphate dehydrogenase deficiency or congenital or idiopathic methemoglobinemia are more susceptible to drug-induced methemoglobinemia. Avoid use of **ACZONE®** Gel, 5% in those patients with congenital or idiopathic methemoglobinemia.

Signs and symptoms of methemoglobinemia may be delayed some hours after exposure. Initial signs and symptoms of methemoglobinemia are characterized by a slate grey cyanosis seen in, e.g., buccal mucous membranes, lips and nail beds. Advise patients to discontinue **ACZONE®** Gel, 5% and seek immediate medical attention in the event of cyanosis.

Dapsone can cause elevated methemoglobin levels particularly in conjunction with methemoglobin-inducing agents.

Hematological Effects

Oral dapsone treatment has produced dose-related hemolysis and hemolytic anemia. Individuals with glucose-6-phosphate dehydrogenase (G6PD) deficiency are more prone to hemolysis with the use of certain drugs. G6PD deficiency is most prevalent in populations of African, South Asian, Middle Eastern and Mediterranean ancestry.

Some subjects with G6PD deficiency using **ACZONE®** Gel developed laboratory changes suggestive of hemolysis. There was no evidence of clinically relevant hemolysis or anemia in patients treated with **ACZONE®** Gel, 5%, including patients who were G6PD deficient.

Discontinue **ACZONE®** Gel, 5%, if signs and symptoms suggestive of hemolytic anemia occur. Avoid use of **ACZONE®** Gel, 5% in patients who are taking oral dapsone or antimalarial medications because of the potential for hemolytic reactions. Combination of **ACZONE®** Gel, 5%, with trimethoprim/sulfamethoxazole (TMP/SMX) may increase the likelihood of hemolysis in patients with G6PD deficiency.

Peripheral Neuropathy

Peripheral neuropathy (motor loss and muscle weakness) has been reported with oral dapsone treatment. No events of peripheral neuropathy were observed in clinical trials with topical **ACZONE®** Gel, 5% treatment.

Skin

Skin reactions (toxic epidermal necrolysis, erythema multiforme, morbilliform and scarlatiniform reactions, bullous and exfoliative dermatitis, erythema nodosum, and urticaria) have been reported with oral dapsone treatment. These types of skin reactions were not observed in clinical trials with topical **ACZONE®** Gel, 5% treatment.

ADVERSE REACTIONS

Clinical Studies Experience

Because clinical trials are conducted under varying conditions, adverse reaction rates observed in the clinical trials of a drug cannot be directly compared to rates in the clinical trials of another drug and may not reflect the rates observed in practice.

Serious adverse reactions reported in patients treated with **ACZONE®** Gel, 5%, during clinical trials included but were not limited to the following:

- Nervous system/Psychiatric – Suicide attempt, tonic clonic movements.
- Gastrointestinal – Abdominal pain, severe vomiting, pancreatitis.
- Other – Severe pharyngitis.

In the clinical trials, a total of 12 out of 4032 patients were reported to have depression (3 of 1660 treated with vehicle and 9 of 2372 treated with **ACZONE®** Gel, 5%). Psychosis was reported in 2 of 2372 patients treated with **ACZONE®** Gel, 5%, and in 0 of 1660 patients treated with vehicle.

Combined contact sensitization/irritation studies with **ACZONE®** Gel, 5%, in 253 healthy subjects resulted in at least 3 subjects with moderate erythema. **ACZONE®** Gel, 5%, did not induce phototoxicity or photoallergy in human dermal safety studies.

ACZONE® Gel, 5%, was evaluated for 12 weeks in four controlled studies for local cutaneous events in 1819 patients. The most common events reported from these studies include oiliness/peeling, dryness, and erythema.

One patient treated with **ACZONE®** Gel in the clinical trials had facial swelling which led to discontinuation of medication.

In addition, 486 patients were evaluated in a 12 month safety study. The adverse event profile in this study was consistent with that observed in the vehicle-controlled studies.

Experience with Oral Use of Dapsone

Although not observed in the clinical trials with **ACZONE®** Gel (topical dapsone) serious adverse reactions have been reported with oral use of dapsone, including agranulocytosis, hemolytic anemia, peripheral neuropathy (motor loss and muscle weakness), and skin reactions (toxic epidermal necrolysis, erythema multiforme, morbilliform and scarlatiniform reactions, bullous and exfoliative dermatitis, erythema nodosum, and urticaria).

Postmarketing Experience

The following adverse reactions have been identified during post-approval use of **ACZONE®** Gel, 5%. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

Methemoglobinemia has been identified during postmarketing use of **ACZONE®** Gel, 5%.

DRUG INTERACTIONS

Trimethoprim-Sulfamethoxazole

A drug-drug interaction study evaluated the effect of the use of **ACZONE®** Gel, 5%, in combination with double strength (160 mg/800 mg) trimethoprim-sulfamethoxazole (TMP/SMX). During co-administration, systemic levels of TMP and SMX were essentially unchanged. However, levels of dapsone and its metabolites increased in the presence of TMP/SMX. Systemic exposure ($AUC_{0\text{-}12}$) of dapsone and N-acetyl-dapsone (NAD) were increased by about 40% and 20% respectively in the presence of TMP/SMX. Notably, systemic exposure ($AUC_{0\text{-}12}$) of dapsone hydroxylamine (DHA) was more than doubled in the presence of TMP/SMX. Exposure from the proposed topical dose is about 1% of that from the 100 mg oral dose, even when co-administered with TMP/SMX.

Topical Benzoyl Peroxide

Topical application of **ACZONE®** Gel followed by benzoyl peroxide in subjects with acne vulgaris resulted in a temporary local yellow or orange discoloration of the skin and facial hair (reported by 7 out of 95 subjects in a clinical study) with resolution in 4 to 57 days.

Drug Interactions with Oral Dapsone

Certain concomitant medications (such as rifampin, anticonvulsants, St. John's wort) may increase the formation of dapsone hydroxylamine, a metabolite of dapsone associated with hemolysis. With oral dapsone treatment, folic acid antagonists such as pyrimethamine have been noted to possibly increase the likelihood of hematologic reactions.

Concomitant Use with Drugs that Induce Methemoglobinemia

Concomitant use of **ACZONE®** with drugs that induce methemoglobinemia such as sulfonamides, acetaminophen, acetanilide, aniline dyes, benzocaine, chloroquine, dapsone, naphthalene, nitrates and nitrites, nitrofurantoin, nitroglycerin, nitroprusside, pamaquine, para-aminosalicylic acid, phenacetin, phenobarbital, phenytoin, primaquine, and quinine may increase the risk for developing methemoglobinemia.

USE IN SPECIFIC POPULATIONS

Pregnancy

Teratogenic Effects: Pregnancy Category C

There are no adequate and well controlled studies in pregnant women. Dapsone has been shown to have an embryocidal effect in rats and rabbits when administered orally in doses of 75 mg/kg/day and 150 mg/kg/day (approximately 800 and 500 times the systemic exposure observed in human females as a result of use of the maximum recommended topical dose, based on AUC comparisons), respectively. These effects were probably secondary to maternal toxicity. **ACZONE®** Gel, 5%, should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers

Although systemic absorption of dapsone following topical application of **ACZONE®** Gel, 5%, is minimal relative to oral dapsone administration, it is known that dapsone is excreted in human milk. Because of the potential for oral dapsone to cause adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue **ACZONE®** Gel, 5%, taking into account the importance of the drug to the mother.

Pediatric Use

Safety and efficacy was evaluated in 1169 children aged 12-17 years old treated with **ACZONE®** Gel, 5%, in the clinical studies. The adverse event rate for **ACZONE®** Gel, 5%, was similar to the vehicle control group. Safety and efficacy was not studied in pediatric patients less than 12 years of age, therefore **ACZONE®** Gel, 5%, is not recommended for use in this age group.

Geriatric Use

Clinical studies of **ACZONE®** Gel, 5%, did not include sufficient number of patients aged 65 and over to determine whether they respond differently from younger patients.

G6PD Deficiency

ACZONE® Gel, 5% and vehicle were evaluated in a randomized, double-blind, cross-over design clinical study of 64 patients with G6PD deficiency and acne vulgaris. Subjects were Black (88%), Asian (6%), Hispanic (2%) or of other racial origin (5%). Blood samples were taken at Baseline, Week 2, and Week 12 during both vehicle and **ACZONE®** Gel, 5% treatment periods. There were 56 out of 64 subjects who had a Week 2 blood draw and applied at least 50% of treatment applications. **ACZONE®** Gel was associated with a 0.32 g/dL drop in hemoglobin after two weeks of treatment, but hemoglobin levels generally returned to baseline levels at Week 12.

There were no changes from baseline in haptoglobin or lactate dehydrogenase during **ACZONE®** or vehicle treatment at either the 2-week or 12-week time point.

The proportion of subjects who experienced decreases in hemoglobin ≥1 g/dL was similar between **ACZONE®** Gel, 5% and vehicle treatment (8 of 58 subjects had such decreases during **ACZONE®** treatment compared to 7 of 56 subjects during vehicle treatment among subjects with at least one on-treatment hemoglobin assessment). Subgroups based on gender, race, or G6PD enzyme activity did not display any differences in laboratory results from the overall study group. There was no evidence of clinically significant hemolytic anemia in this study. Some of these subjects developed laboratory changes suggestive of mild hemolysis.

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Living IN THE Fit Mindset

A SKIN CARE JOURNEY

A BALANCING ACT

Living a healthy lifestyle is a balancing act between your mind, body, and spirit weaving in time for regular exercise and maintaining a healthy nutrition plan. While you're trying to manage your active life and live in this mindset, it's essential to take 'me time'. Try sitting quietly, focusing on your breath, for five minutes each morning to help create balance and clarity that will follow you throughout the rest of your day. You'll be surprised how even a few moments to yourself may help decrease your stress, ultimately improve your health, and help you find your inner glow—even your skin can benefit from living a healthy lifestyle!

> "Your skin can benefit from living a healthy lifestyle."
> **Jeannine Morris,**
> *JeannineMorris.com*

STRESS FREE, BLEMISH FREE?

With the high-paced lifestyle most of us lead, I encourage my patients to work on their stress management as some external factors, like stress and environment, may also trigger acne[1]. Acne can be a chronic condition for adults at any age, with women in particular, experiencing the effects well into their fifties[2,3]. To deal with stress, I always recommend that my patients try a few of these tips to find a happier medium:



1.) Exercise to reduce the body's stress hormones[4]

2.) Focus on eating a balanced diet that includes generous servings of vegetables and fruits[5]

3.) Get an adequate amount of sleep to better handle stressful situations[5]

Dermatologist
Dr. Jennifer MacGregor

ACZONE® (dapzone) Gel 5% is a prescription medicine used on your skin (topical) to treat acne vulgaris. The most common side effects of ACZONE® are dryness, redness, oiliness, and peeling of the skin being treated. **Please see Important Safety Information on the next page.**

TELL US **YOUR** INSPIRATIONAL SKIN TREATMENT JOURNEY!

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References: [1] Acne Net. "Adult Acne: A Fact of Life for Many Women." Available online at: http://www.skincarephysicians.com/acnenet/adult_acne_women.html. Last accessed January 23, 2015. [2] Gollnick H et al. Can We Define Acne as a Chronic Disease?. Am J Clin Dermatol. 2008:9(5): 279-284. [3] American Academy of Dermatology. "Stats and Facts: Acne." Available online at http://www.aad.org/mediaresources/stats-and-facts/conditions/acne. Last accessed on May 15, 2014. [4] Harvard Health Publications. "Benefits of Exercise." Available online at http://www.health.harvard.edu/press_releases/benefits-of-exercisereduces-stress-anxiety-and-helps-fight-depression. Last accessed on June 12, 2015. [5] WomensHealth.gov. "Stress and Your Health Fact Sheet". Available online at http://womenshealth.gov/publications/our-publications/fact-sheet/stress-your-health.html. Last accessed on June 12,2015.

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Your skin's biggest enemy

Everyday tension can actually make you look older. Here's info you need to know.

By BETH JANES



CHEW ON THIS Stress doesn't just cause breakouts. It gives you lines and wrinkles, too.

Few of us are strangers to the stress-induced breakout. It happens because anxiety triggers hormones and neurotransmitters that inflame your skin and thereby stoke acne. But as researchers are discovering, the damage that life's pressures can cause doesn't stop at a few pimples. "Stress appears to play an important role in aging processes in general, and this probably includes skin aging," says Barbara Gilchrest, M.D., a professor and chair emeritus of dermatology at Boston University School of Medicine. Which is why it's crucial to get caught up on the latest science—and skin care—so you can strategize the best way to fight the destructive process. Because, as we're also learning, there *are* ways.

Your skin on anxiety

When your brain senses psychological stress, it turns on the spigots of certain hormones. The result is a cocktail of adrenaline, cortisol, free radical–triggering angiotensin, and inflammation-generating cytokines that courses through your body, eroding your skin's plumping collagen and precious defenses.

Here's the domino effect: You panic. There's a looming deadline, you haven't had time to work out, your commute is a nightmare—whatever the daily issue, it prompts your brain to signal your adrenal glands to release adrenaline, which steals some blood from your skin and shuttles it to your power muscles in case you have to fight or take flight. That can immediately make you look washed-out and pale, says Amy Wechsler, M.D., a dermatologist and psychiatrist in New York City. The adrenaline then triggers your brain to pump out cortisol, the mother of all stress hormones.

In the short term, this isn't a problem. One little heart-racing blip won't do damage. The trouble is when the cortisol spigot never turns off, as when you're persistently battling normal life factors that leave you with a knot in your stomach. Skin then gets continuously bathed in the hormone, which can damage your complexion from the inside out. Over time, the increased exposure to cortisol can inhibit the growth of fibroblast cells (which make new collagen), but it doesn't slow the breakdown of old tissue; this may lead to skin-tissue loss, says John Koo, M.D., the vice chairman of the Department of Dermatology at the University of California, San Francisco. Cortisol may also itself break down collagen, Dr. Wechsler says. The result: Skin may become thinner (a hallmark of aging) and more prone to wrinkles.

Chronic stress also boosts the production of free radicals (oxidized molecules that can damage skin cells) and reduces protective antioxidants, Dr. Koo says, making your skin more vulnerable to wrinkles, pigmentation spots, and dullness.

It gets worse. "Skin inflammation often occurs in response to emotional stress, as if the body has to fight bacteria," Dr. Koo says. Call it skin's go-to defense mechanism when it senses a threat. This inflammatory process may damage and age the

Don Forbes/Trunk Archive

skin. Here's why: Your immune system is not meant to be turned up 24/7, and that constant, low-grade inflammation may further degrade collagen and hinder skin's ability to replenish it. Plus, inflammation compromises your skin's barrier function, which can leave your complexion drier, duller, and more prone to irritation. Bottom line: "When you live in a constant state of stress, it becomes harder for skin to repair itself naturally, form healthy collagen and elastin, and deal with damaged areas," Dr. Wechsler explains.

Start your damage control back at the DNA level

It sounds a little sci-fi, but it's possible to wring the effects of stress out of your body's very building blocks. Telomeres are tiny caps on the ends of chromosomes—the parts of cells that house our DNA—and they get shorter each time a cell divides. Studies suggest that chronic stress causes telomeres to shorten prematurely, and once a cell's telomeres get too short, the cell can no longer divide. At this point, the cell becomes senescent. What that means for skin: Senescent cells produce the aforementioned cytokines that contribute to inflammation, Dr. Gilchrest says.

The good news is that researchers recently found a way to maintain telomere length in mice, and one of the many positive outcomes was that their skin stayed more youthful. "Skin normally gets thinner with age, and that was less pronounced. Older skin is also more prone to injury and heals more slowly, and those things were also less pronounced," Dr. Gilchrest says. Much more research needs to be done to understand telomeres' role not only in skin but also in disease in general before there's, say, a telomere-lengthening treatment. For now, though, there's a natural way to maintain telomere length, decrease cortisol and inflammation, and look younger, fresher, and healthier: Exercise more and stress less.

You already know that exercise is a proven stress buster and circulation booster, but research suggests it may specifically keep telomeres longer and cells more youthful as you rack up birthdays. One recent study in *Medicine and Science in Sports and Exercise* found that the more moderate and vigorous exercise people did, the more likely their telomeres were to be long for their age.

Now, about those other 23 hours of your day. There are small things you can do to suppress stress hormones—we're talking scientifically proved and easy. For starters, listen to a soothing playlist on your commute. A recent review at McGill University found that relaxing music reduced cortisol *and* markers of inflammation. And take in the scenery as you drive or do errands. Being around green space reduced perceived stress and levels of cortisol in anxious adults in a recent study from the U.K.

At the end of the day, take a minute to write down three things you're grateful for. Practicing gratitude is one of the simplest ways to beat stress and feel happier, says Emiliana Simon-Thomas, Ph.D., the science director of the Greater Good Science Center at the University of California, Berkeley. "You don't have to go on a 10-day silent retreat to make a significant impact on stress," Simon-Thomas says. "There's a lot of potential in these other, simple behaviors."

Zen for your skin: exercise, music, and gratitude reduce the hormones that leave you prone to wrinkles.

Adopt a stress-fighting skin-care routine

There are three key products you must have in your beauty arsenal, says Dr. Wechsler. The first two: an antioxidant serum and a prescription retinoid. "Topical antioxidants can help stabilize skin during periods of stress and increase antioxidant levels in skin to bolster its defenses," she explains. Go for a serum with vitamins C and E, such as SkinCeuticals C+E Ferulic ($162, skinceuticals.com), an antioxidant combination known to trigger new collagen production. Retinoids are also tried-and-true collagen builders that help mitigate some of the damage from cortisol and free radicals. "They're a great solution for stressed-out skin," Dr. Wechsler says. Apply them both at night so they can work while you sleep.

Also, remember this word: *ceramide*. For the morning, you need a moisturizer containing this protective substance, Dr. Wechsler says. Try Elizabeth Arden Flawless Future Cream ($50, elizabetharden.com) or CeraVe Facial Moisturizing Lotion AM SPF 30 ($13, drugstores). Ceramides are one of the best ingredients to protect and strengthen the skin's barrier function, helping it stay hydrated and block out potential irritants.

And don't forget the skin on your body. Minimizing below-the-neck contact with cleansing ingredients will help maintain your skin's barrier, Dr. Gilchrest says. Aside from the areas that emit odors, skin doesn't need daily washing and scrubbing—a simple rinse in the shower can keep you plenty clean and your skin soft and glowing. That's welcome news: With everything else you've got going on, your skin is the last thing you need stressing you out. ★

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By KELSEY CASTAÑON



1½ MINUTES

Take off the tough stuff

Glitter enamel is playful but a nightmare to get off. Enjoy the bling without the annoyance: Just one of the **Butter London Glitter Scrubbers** ($12 for 10, butterlondon.com) is saturated enough to erase 10 fingers' worth of sparkle.

5 MINUTES

Shift to neutral

A sheer pink or nude polish like **Dolce & Gabbana Nail Lacquer in Bella** ($26, saksfifthavenue.com) dries faster than a bolder hue, plus it's more forgiving of hasty brushstrokes.

20 SECONDS

Dry on the fly

Before your mani has a chance to smudge or smear, spritz **Formula X for Sephora Drying Spray** ($14, sephora.com) onto your freshly painted topcoat. Bam! Nails are dry (and bulletproof) in no time.

30 SECONDS

Fix a messy paint job

If you can't apply red without creating a crime scene, use the **OPI Corrector & Clean Up** ($8, ulta.com), a touch-up pen that erases polish from skin.

50 SECONDS

Dip and go

Skip the cotton balls: **Nails Inc Express Nail Polish Remover** ($10, nailsinc.com) has a presoaked sponge that dissolves lacquer in seconds.

2 MINUTES

Ace your base

Picking off your polish can take layers of your natural nail with it. **Sally Hansen Big Peel Off Base Coat** ($6, drugstores) dries into a thin screen so you can swiftly and safely peel off any color.

10 MINUTES

Go for a fancy design

Nail art isn't reserved for teens or technicians. For an easy style suitable for grown-ups, apply **NCLA Split Personality Nail Wraps** ($16, shopncla.com): Press each sticker onto nails and file for an instant mani.

Styling by Sarah Gurdo-Lookso/Halley Resources

Photograph by CLAIRE BENOIST

"Ginger's cat food didn't even start with real meat.

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When pet parents learn about some of the ingredients in their cat food, they switch to Blue Buffalo. **Every one of our BLUE cat food recipes features real meat** and contains only the highest quality ingredients. We never use chicken (or poultry) by-product meals — because that's not something we want to feed a family member.

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The best inspiring new gear.



Day 1

← Fight post-workout chills in a cozy puffer and long quick-dry bright tights.

1 **Cynthia Rowley Print Puffer jacket** ($198, cynthiarowley.com).

2 **Beyond Yoga Essential long legging** ($84, beyondyoga.com).

3 **Koral Activewear Triad tank** ($138, koral.com).

4 **On & Cloud sneakers** ($120, on-running.com).

Short shorts over leggings give you cute coverage.

Day 2

→ Arm warmers are easy to peel off as you heat up the dance-cardio floor.

1 **Old Navy Sleeveless hoodie** ($20, oldnavy.com).

2 **Nicepipes Apparel arm warmer** ($38, nicepipes apparel.com).

3 **Puma Woven gym shorts** ($35, puma.com).

4 **Graced By Grit Land & Sea Knicker capris** ($72, gracedbygrit.com).

5 **Stance Sprint Crew Athletic Fusion socks** ($16, stance.com).



Styling by Jill Edwards/Halley Resources

Photographs by JONATHON KAMBOURIS


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Day 3

← High-rise leggings and a strategically cut tank are comfy and curve-friendly.

1 Adidas by Stella McCartney Run Performance tank ($80, adidas.com).

2 Urbanears Plattan ADV wireless headphones ($100, urbanears.com).

3 GapFit Gfast leggings ($65, gap.com).



Day 4

→ Stay cool during long rows in a mesh-paneled crop top and capris.

1 Michi Garnet crop top ($135, michiny.com).

2 CW-X StabilyX tights ($90, cw-x.com).

3 Nike Roshe Flyknit sneakers ($120, nike.com).



Built-in compression helps you recover fast.

Day 5

← A flyaway-taming headband and cushioned sneaks are ideal for speedy treadmill intervals.

1 Lululemon Fringe Fighter headband ($18, lululemon.com).

2 Yogasmoga U & Me bra top ($49, yogasmoga.com).

3 Nike Full Flex 2-in-1 shorts ($140, nike.com).

4 New Balance Fresh Foam Zante sneakers ($100, newbalance.com).

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#SummerShapeUp

Arms look amazing in this blue moto.



You in... colorful leather

Flatter your body with these sexy, structured staples.



Nicole Miller sweater ($330, nicolemiller.com). **CH Carolina Herrera skirt** ($1,310, Carolina Herrera stores). **Guess heels** ($99, guess.com). **Top right: MICHAEL Michael Kors jacket** ($495, michaelkors.com). **Ronny Kobo dress** ($458, shopbop.com). **Bottom right: Ella Moss top** ($148, ellamoss.com). **DL1961 pants** ($792, dl1961.com). **Rebecca Minkoff shoes** ($225, rebeccaminkoff.com).



Hair and makeup by Lindsey Williams/Kate Ryon Inc. for Chanel les Beiges and Kevyn Murphy; manicure by Casey Herman/Kate Ryon, Inc.

Photographs by SARAH KEHOE


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HIGHLIGHT YOUR FIGURE

With a body-smoothing texture and a cut-for-curves shape, leather does magical things for your body. But think beyond dark and fitted—the fabric is equally flattering in bright shades and surprising silhouettes. Case in point: a high-collared minidress with double slits to elongate your body or a culottes and tucked-in sweater combo that cinches your waist and shows off shapely calves.





Akris dress ($2,990, akris.ch). **Nine West heels** ($119, ninewest.com). **Clockwise from top right: Bally jacket** ($3,495, bally.com). **White + Warren sweater** ($238, whiteandwarren.com). **& Other Stories culottes** ($325, stories.com). **Calvin Klein heels** ($129, dillards.com). **Rebecca Taylor dress** ($475, Rebecca Taylor boutiques). **Ash Studio sweatshirt** ($885, ashfootwearusa.com).







Nudes soften leather's tough look.

Go for bold! Work bright hues to accentuate your best assets.



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Slacks are back for any occasion.

Lily Aldridge

This bombshell beauty and Victoria's Secret Angel totally wears the pants, and she does it from day to night. Yet her look is never stale. Learn how she plays with shape and fit to create long, lean lines.





MIX AND MATCH
Lily likes to pair tight with loose to showcase her pick of body part. A close-fitting patterned tube top with roomier black pants makes sleek shoulders and elegant arms the star. Leather leggings or tight jeans with a billowing top spotlight strong, slender legs.





ALL ABOUT THE CUT
A white-on-white drapey outfit slims every inch in a way that's fresher than black. That crop top makes Lily's middle look little, while the high-waisted bottoms keep it classy. Cute capris work toned calves and add about two inches to her height.





Clockwise from top right: Getty Images; Corbis Images (3); Getty Images (2)

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EASY ABS EXERCISES FOR A SEXY BELLY

Four body-changing tips



GET THE LOOK
Titika Active Couture tank top ($43, titikaactive.com). **Nike leggings** ($110, nike.com) **and sneakers** ($100, zappos.com).

Maximize every workout

These simple recovery strategies will transform your energy—and your body.

By JANET LEE

What's the big deal if you take your sore legs out for a run? It could mean you waste your breath rather than net results. To help you get the most out of every workout, we've recruited top experts to explain the best post-exercise dos and don'ts. "Being smarter about recovery can help you become faster, leaner, stronger, and fitter," says physical therapist Robert Forster, the owner of Phase IV Scientific Health and Performance Center in Santa Monica, California.

For the most part, fit people can bounce back from a moderate workout within 24 hours, Forster says. During that time, your body resets itself: Hormone levels rebalance, inflammation goes down, liver and muscles stock up on fuel, cells rid themselves of lactic acid and other waste products, and muscles and connective tissues lay down collagen and patch up tears. But a killer boot camp session might require 48 hours or more to recoup from fully. "And it could be 72 hours before you regain your entire range of motion," Forster says.

That's why it's important that you limit intense workouts to three days a week,

Photographs by CHRIS FANNING

and if you're doing daily resistance training or CrossFit, plan your routine carefully so you're not challenging the same muscles in the same way each time. (That holds true for any exercise you're doing several days a week. Give your body a break by changing up your pace, intensity, and distance and by adding cross-training.) "Overdoing it creates hormonal havoc, endocrine burnout [when chronic stress, in the form of too much exercise, overtaxes the system, making it less responsive], and injury," Forster explains.

How you structure your routines is just part of the equation. What you do after can maximize the body-shaping effect of those sessions. Try these top techniques for recovering faster and stronger, and you'll see the results not only in the renewed power of your reps but also in the sculpted body they carve.

Ice right away; heat the next day

Ice for 10 minutes after a tough workout (so, ice your shoulders after a WOD loaded with clean and jerks). This slows blood flow to the area, which thwarts inflammation and swelling, says Alyssa Alpert, the head athletic trainer for the New York Cosmos men's professional soccer team. Keep icing throughout the day if you're really sore. With stiffness or spasms, which might kick in the next day, use heat, suggests Nadya Swedan, M.D., a physiatrist in New York City. "The warmth speeds blood flow to the area, relaxing muscles." Take a hot shower, use a heating pad, or apply a **ThermaCare HeatWrap** (from $7, cvs.com), which is sized to fit specific muscles and stays warm for up to eight hours.



Hair by Casey Geren/ABTP.com for Alterna; makeup by Elaine Madelon/Exclusive Artists for Chanel Les Beiges

Many pros spend up to half their total training hours on recovery to fully net the benefits of all their hard work, Foster says.

Foam-roll, then stretch

"Rollers help increase circulation and relax knotted tissues; stretching returns muscles to their normal resting length and helps line up new collagen fibers that your body creates during recovery," Forster says. The National Academy of Sports Medicine says to roll before getting bendy, because the pressure helps turn off overactive muscles so you can stretch them more easily. During your cool-down, target the major muscles that you used and especially those in the lower body and back for five minutes, rolling slowly back and forth along the length of the muscles. Next, stretch the same areas, Alpert says. Later, go back and hit your entire body or zero in on still-tight areas with the roller. When you find a tender spot, don't roll; stay stationary and breathe deeply for 30 to 60 seconds.

Eat protein and carbs shortly after your workout

Thirty to 60 minutes post-workout is the window when your muscles are primed to take in protein to start the repair process and carbs to refuel. "Make sure that within 30 minutes you have a snack containing 10 to 20 grams of protein and a one to two or a one to three ratio of protein to carbs," says Andrea Vintro, R.D.N., a dietitian specializing in sports nutrition in Portland, Oregon. (She suggests a cup of low-fat yogurt and a small banana for a total of 14 grams of protein and 40 grams of carbs.) Eat the same ratio again within about two hours, unless you're having a meal. To rehydrate, down at least two to four cups of water during this time as well. "Studies show that with rest and a balanced diet, your muscles' glycogen stores can be replenished in about 24 hours," Vintro says.

Sleep well; keep moving

Lack of sleep leads to fatigue, depressed immunity, and higher stress hormone levels, which all make for a crappy workout, Dr. Swedan says. Aim for seven to nine hours of quality shut-eye a night. If you've scheduled a workout but are feeling fatigued or achy or your muscles have that heavy sensation, that's your body telling you it hasn't recovered. Take a rest day, but don't just sit around. "A little activity will help flush out any remaining lactic acid and keep your muscles loose, particularly if you're working out hard every other day," Alpert says. That means stretch, hop on a bike for 15 minutes, or do yoga.

DOES DEPRESSION HOLD YOU BACK FROM ENJOYING YOUR LIFE?



Depression is a serious medical condition that can leave you feeling sad, helpless, overwhelmed, and uninterested in your favorite activities. You may feel like you have to wind yourself up.

PRISTIQ® (desvenlafaxine) 50 mg is FDA-approved to treat depression.

In clinical studies, PRISTIQ 50 mg also helped improve patients' ability to function according to a scale* used to measure how depression disrupts the following areas:

- **Work**
- **Social life/leisure activities**
- **Family life/home responsibilities**

In clinical studies, PRISTIQ 50 mg showed no significant difference in average weight gain versus placebo.† Please see Important Safety Information below.

Ask your doctor if PRISTIQ may be right for you.

*Sheehan Disability Scale (a validated measure of functional impairment) total score for Pristiq vs placebo.
†Side effects may increase at higher doses. Based on data from 8- and 12-week clinical studies, long-term effects on weight have not been established.

Important Safety Information About PRISTIQ

Suicidality and Antidepressant Drugs

Antidepressants increased the risk of suicidal thinking and behavior in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive or restless. Should these occur, report them to a doctor right away. PRISTIQ is not approved for use in children under 18.

Do not take PRISTIQ if you are allergic to desvenlafaxine, venlafaxine, or any of the ingredients in PRISTIQ. Do not take PRISTIQ if you currently take, or have taken within the last 14 days, any medicine known as an MAOI (including intravenous methylene blue or the antibiotic linezolid). Allow 7 days after stopping PRISTIQ before starting an MAOI. Taking an MAOI with PRISTIQ can cause serious or even life-threatening side effects.

Before taking PRISTIQ, tell your healthcare professional about all prescription and over-the-counter medications and supplements you take or plan to take including: those to treat migraines or psychiatric disorders (including other antidepressants) to avoid serotonin syndrome, a potentially life-threatening condition; aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or worsen some conditions, so tell your healthcare professional about all the medical conditions you have or had including:

- High blood pressure, which should be controlled before starting PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, a history of stroke, kidney or liver problems, or low sodium levels in your blood
- Bleeding problems
- Depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- Nursing, pregnancy, or plans to become pregnant

Some people are at risk for visual problems such as eye pain, changes in vision, or swelling or redness around the eye. You may want to undergo an eye examination to see if you are at risk and get preventative treatment if you are.

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose.

Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. In clinical studies, most common side effects with PRISTIQ 50 mg were nausea, dizziness, sweating, constipation, and decreased appetite.

Indication

PRISTIQ is a prescription medication approved for the treatment of major depressive disorder in adults.

Please see brief summary of Full Prescribing Information, including BOXED WARNING, on adjacent page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Visit: PristiqSavings.com
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Pristiq® desvenlafaxine 50 mg
EXTENDED-RELEASE TABLETS

IMPORTANT FACTS ABOUT Pristiq® desvenlafaxine EXTENDED-RELEASE TABLETS

(pris•teek')
Pristiq® - (desvenlafaxine) Extended-Release Tablets

Read the Medication Guide that comes with your prescription before you start taking PRISTIQ and each time you get a refill. There may be new information. This information does not take the place of talking to your healthcare provider about your medical conditions or treatment.

Talk to your healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.

2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

3. How can I watch for and try to prevent suicidal thoughts and actions?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you have any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood
- new or worse irritability

What else do I need to know about antidepressant medicines?

- Never stop an antidepressant medicine without first talking to a healthcare provider. Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of this medicine.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you take. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq Extended-Release Tablets

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).

Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- take a monoamine oxidase inhibitor (MAOI). Ask your healthcare provider or pharmacist if you are not sure if you take an MAOI, including the antibiotic linezolid and the intravenous medicine methylene blue.
- have taken an MAOI within 7 days of stopping Pristiq unless directed by your healthcare provider.
- have started PRISTIQ and if you stopped taking an MAOI in the last 14 days unless directed by your healthcare provider.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

This brief summary is based on Pristiq Prescribing Information LAB-0539-6.0, revised June 2014.

PQP671007-01

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Pfizer

Serotonin syndrome

Rare, but potentially life-threatening, conditions called serotonin syndrome can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic and intravenous methylene blue)
- tryptophan supplements
- silbutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- **See the beginning of this page.**
- **Serotonin syndrome. See "What should I tell my healthcare provider before taking Pristiq?"**

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Visual problems**
 - eye pain
 - changes in vision
 - swelling or redness in or around the eye

 Only some people are at risk for these problems. You may want to undergo an eye examination to see if you are at risk and receive preventative treatment if you are.
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

- **Seizures (convulsions)**
- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.
- **Lung problems.** Some people who have taken the medicine venlafaxine which is the same kind of medicine as the medicine in PRISTIQ have had lung problems. Symptoms of lung problems include difficulty breathing, cough, or chest discomfort. Tell your healthcare provider right away if you have any of these symptoms.

Common side effects with Pristiq include:

- nausea
- dizziness
- insomnia
- sweating
- constipation
- sleepiness
- loss of appetite
- anxiety
- decreased sex drive
- delayed orgasm and ejaculation

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Need more information?

- Ask your doctor or pharmacist. This is only a summary of important information.
- Go to www.pristiq.com or call 1-800-PRISTIQ (1-800-774-7847).

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Reboot your routine Your reps don't always work the muscles they're meant for. But get firming results fast with these on-target moves.

By JACLYN EMERICK

Total-body toning in 20

While you're sweating through your favorite barre DVD or CrossFit WOD, consider this: Certain muscles of yours may be holding back. Those glutes are not doing their part during plié pulses or bridges. Your abs are letting the hip flexors take over during sit-ups. The truth is, some of your major muscles have a tendency to tap out during exercises in which they should be starring, and that means many of your reps may be missing their target.

To find foolproof exercises that would whip every body part into shape, we went to 45 Grand, Nike's fancy de facto fitness lab in New York City, where top trainers are in residence cooking up next-level workout routines. That's where we enlisted Joe Holder, the Nike run coach and trainer who heads the studio's smart running program. Holder has a term for the phenomenon of your muscles phoning it in: *junk reps*. "People tend to be

Hair by Casey Geren/ABTP.com for Alterna; makeup by Elaine Madelon/Exclusive Artists for Chanel Les Beiges

Photographs by CHRIS FANNING

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DOWNLOAD THE FREE LOVE MY *SHAPE* APP AND SCAN THE PAGE.

concerned with the quantity or difficulty of moves rather than the quality," says Holder, who's also a certified women's fitness specialist. "But if you want exercise to deliver results faster, you need to focus on two game-changing words at the beginning of any session: *muscle activation*."

No matter what Holder is teaching—interval runs, private training sessions, group HIIT workouts—he always starts with key primer moves to activate the abs and the often overlooked muscles on your flip side: your rear shoulders, glutes, and hamstrings. "These kinds of high-quality compound exercises require all of your muscles to work in tandem, forcing them to wake up and making it virtually impossible to cheat," Holder says.

Ready to finally get the sleek physique you've been repping for? You won't even need a set of dumbbells! Do Holder's super seven series, shown on these pages, as a compact total-body workout (it will take you about 30 minutes) or pair it with his 20-minute interval run (check it out at far right) or your favorite cardio for a complete firm-and-burn session. "When you start striding, you'll go faster and feel stronger for longer, which equals more calories burned, more muscles worked, and another workout closer to the body you desire," Holder says.



GET THE LOOK
Nike sports bra, leggings, and sneakers ($30, $85, and $100, nike.com).





A/B/C↑

HIP ABDUCTION BIRD DOG

WORKS SHOULDERS, ABS, BUTT, HAMSTRINGS

Start on all fours. Raise left knee out to side (keeping the 90-degree bend in your leg) **[A]**. Return to start position, then draw right elbow and left knee to meet at your center **[B]**. Next, extend right arm and left leg straight out **[C]**. Pause, then return to start position. That's 1 rep. Do 8 to 12 reps. Switch sides; repeat.

YOUR PLAN

The moves

Do each exercise in order without rest for the number of reps indicated. When you've done all seven, rest for one minute. Repeat the circuit twice more. Follow it up with trainer Joe Holder's interval run, below, twice a week on alternate days. You can also do the moves before any HIIT or cardio workout you choose.

The run

Right after completing your last rep, head outside or hit a treadmill and start running at a comfortable pace (shoot for a 6 out of 10 on the RPE* scale). For the next 20 minutes, alternate between recovering at this comfortable effort and doing bursts where you bump up your intensity to an 8 or more. If you're outside, Holder suggests using landmarks to dictate the length of your sprint intervals: Sprint to that stop sign or big tree off in the distance, then recover until you get to the yellow house on the corner. If you're on a treadmill, you can time your sprints and recoveries to the duration of the chorus in a song you're listening to, or to the length of a commercial if the TV is on in the background, or to the point of burning a specific number of calories between one and 10. Whether you're indoors or out, the only rule is to vary your pace and the length of each interval.

You'll need

Just a good pair of running shoes

*Rate of perceived exertion. See page 182 for chart.

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A/B↑

PLANK ROLL

WORKS ABS, BUTT, HAMSTRINGS, OUTER THIGHS, INNER THIGHS

Start in a side plank on right forearm with feet stacked and left hand on left hip. Raise and lower left leg 10 times **[A]**. Rotate forward to come into plank on forearms. Next, alternate lifting and lowering left leg and right leg **[B]** 5 times each. Then rotate into a side plank on left forearm and repeat. That's 1 rep. Do 4 reps.



GET THE LOOK
Nike sports bra, leggings, and sneakers ($40, $40, and $100, nike.com).



A/B/C→

HAND-RELEASE PUSH-UP CLIMBER

WORKS SHOULDERS, CHEST, ABS, QUADS

Start in plank on palms **[A]**. Slowly lower to floor on a 4 count. Lift hands and extend arms forward **[B]**, then place palms beside chest and push back up. Next, alternate bringing left and right knee between arms **[C]** 5 times each. That's 1 rep. Do 8 to 12 reps.



←A

SPRINTER SIT-UP

WORKS ABS, OBLIQUES

Lie faceup with arms extended overhead and lower back pressed into floor to start. Sit up explosively, driving right arm forward with elbow bent and left knee bent and up **[shown]** (as if sprinting while sitting down). Roll back to start position. Switch sides; repeat. That's 1 rep. Do 10 reps.

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A↑B/C→
DONKEY-KICK KNEE DRIVE
WORKS BUTT, QUADS, HAMSTRINGS

Start on all fours. Slowly lift left leg (keeping the 90-degree bend in your leg), driving sole of foot toward ceiling until thigh is parallel to floor **[A]**. Lower knee toward floor, then lift again. Do that 5 times. Next, kneel on right leg with left foot planted in front of you **[B]**. Then explosively drive right knee and left arm forward, landing in a half squat **[C]**. Return to kneel, and do that 5 times. Then repeat the whole move on opposite side. That's 1 rep. Do 2 reps.

↓A/B
WALK-OUT T-BAR BURPEE
WORKS SHOULDERS, CHEST, ABS, BUTT, QUADS, HAMSTRINGS

Stand with feet shoulder-width apart; fold forward and plant palms on floor. Walk hands forward **[A]** into plank. Do a push-up, then reach left arm out to side and straight up, looking up at hand **[B]**. Return to plank, then do a push-up. Repeat reach with right arm. Do a push-up, jump feet toward hands, then jump as high as you can. That's 1 rep. Do 8 to 12 reps.



A/B→
LATERAL BOUND HIGH KNEES
WORKS QUADS, HAMSTRINGS, OUTER THIGHS, INNER THIGHS, CALVES

Stand on left leg with knee soft, right arm forward, and left arm back with elbows bent to start. Jump as high and as far right as you can **[A]**, landing on right leg with left arm forward, right arm back. Then quickly drive right knee up, followed by left knee **[B]**, alternating arms, 2 times each. Repeat, jumping to left. That's 1 rep. Do 8 to 12 reps.



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Get a knockout body

Boxing meets boot camp in this badass twist on HIIT.

By CAITLIN CARLSON



GET THE LOOK **DSTLD tank top** ($28, dstldjeans.com). **Nike sports bra** ($30, nike.com). **Corey by Corey Lynn Calter sweatpants** ($196, thisiscorey.com).

Boxing has always been a gritty sport, but it's getting a classy makeover. Capitalizing on the boom in HIIT workouts (no pun intended), high-end group boxing studios are popping up all over, and it's primarily women who are throwing the punches. Chains like Title Boxing Club and Work, Train, Fight fill their spaces with a sleeker version of heavy bags. At Shadow Box, gym-goers sign up for their preferred bag just as they would with bikes at a Spinning studio. But unlike Spinning, this sweaty cardio is an intense upper-body workout on top of all the footwork.

"You use your entire body—shoulders, arms, abs, butt, and legs—to throw a punch," says Michael Tosto, the owner of Title Boxing Club NYC in New York City (the chain has 150 locations in 32 states). And the benefits add up fast: Exercisers who

Hair by Casey Geren/ABTP.com for Alterna: makeup by Elaine Madelon/Exclusive Artists for Chanel Les Beiges

Photograph by CHRIS FANNING



this duck wears **PINK**

October is Breast Cancer Awareness Month—a time when people wear pink ribbons in honor of those currently fighting breast cancer and all who have gone before them. Aflac is committed to the prevention and treatment of breast cancer through research, education and collaboration, along with our partner, the American Association for Cancer Research.

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Z140774R 7/15

Get this workout to go Download the **Motion Traxx app** (Android and iOS) to hear an audio version of this plan with beat-matched tunes. New users get five free workouts at sign-up!

did a 50-minute high-intensity boxing routine four times a week cut their body fat by 13 percent in three months, according to a new study in the journal *BMC Sports Science, Medicine, & Rehabilitation*. Plus, punching stuff is therapeutic. "When you hit the bag, you release stress-reducing hormones that can make you feel calm and relieved," says sports psychologist Gloria Petruzzelli, Ph.D. But you probably didn't need a doc to tell you that. So skip the cardio machines the next time you're at the gym, and head to the heavy bag for this 30-minute session from Tosto. Cue the *Rocky* theme song.

INTENSITY
Hard (RPE:* Shoot for a 6 to a 9 out of 10 on the warm-up and core moves and a 9 or a 10 during the boxing portion.)

TOTAL TIME
30 minutes (a quickie version of Tosto's usual one-hour class)

YOU'LL NEED
A heavy bag, gloves, and wraps. Most gyms have these, though it's worth getting your own wraps and gloves, which protect the bones in your hands and wrists, Tosto says. Find a variety at titleboxing.com.

HOW IT WORKS
You'll loosen muscles and crank your heart rate with a warm-up that includes some strengthening plyos, then you'll do five three-minute rounds of all-out boxing intervals with one-minute breathers between. Wrap up with four core exercises. Do this routine three times a week on nonconsecutive days.

CALORIES BURNED
214**

*Rate of perceived exertion; see page 182 for chart.
**Calorie burn is based on a 140-pound woman.



Jab Forcefully quick-snap a punch with your nondominant hand straight forward, turning hips forward slightly and rotating fist palm-down as it connects with the bag at shoulder height.



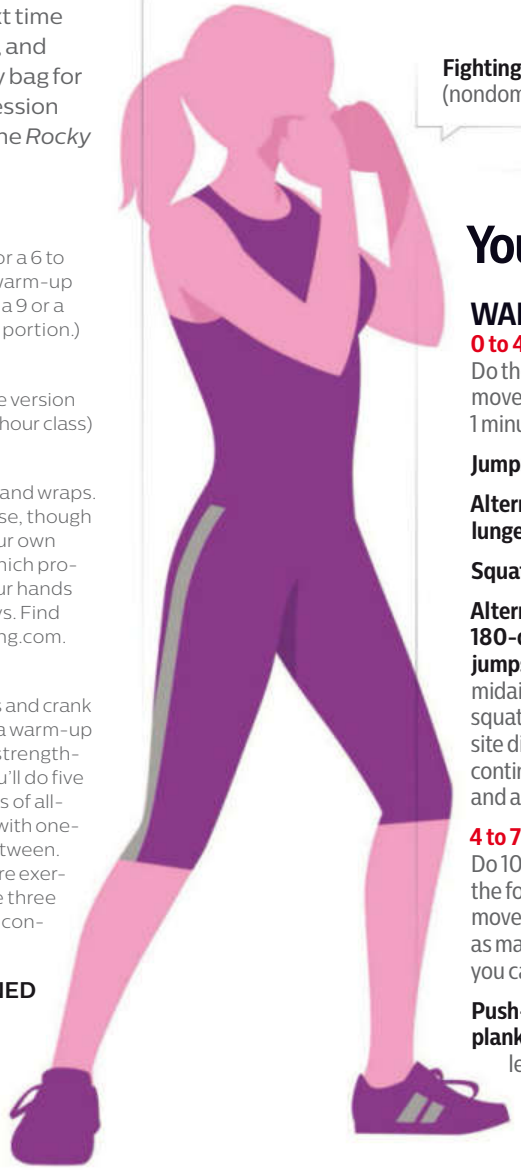
Cross Forcefully punch dominant hand across body, pivoting on back foot to turn hips forward slightly. Rotate fist palm-down as it connects with the bag at shoulder height of opposite arm.



Uppercut Draw one bent arm down and back (fist turned up), opening hips and bringing fist to just above hip. Forcefully pivot feet to swivel hips, driving fist up to connect with the bag at shoulder height.



Hook Draw one arm back at a 90-degree angle at shoulder height, turning fist to face you and swiveling hips and feet perpendicular to bag. Forcefully pivot feet to swivel hips forward, arcing arm toward the bag (maintaining 90-degree angle) until fist connects with it.



Fighting stance Stand with feet staggered (nondominant foot forward) and fists by chin.

Your workout

WARM-UP
0 to 4 minutes
Do the following moves for 1 minute each.

Jumping jacks

Alternating forward lunges with a twist

Squat jumps

Alternating 180-degree squat jumps Jump, turn in midair, land in a squat facing opposite direction. Stay in continuous motion and alternate sides.

4 to 7 minutes
Do 10 reps each of the following moves; repeat circuit as many times as you can.

Push-up into side plank Push up, lift left arm to rotate body into side plank on right palm; push up, do side plank on left palm. That's 1 rep.

Triceps dips

Crab walks

Triceps push-ups (Point elbows straight back.)

BOXING
7 to 26 minutes
From **fighting stance**, throw any combination of **jabs**, **crosses**, **uppercuts**, and **hooks** (how-tos are above) for 3 minutes—same as pro boxing rounds. Mix and match in any order, alternating hands with each punch. ("Punch with intensity while maintaining proper form, and generate all of your power from your core down rather than your arms," Tosto says.) Active rest for 1 minute, alternating lunges and high knees to keep heart rate up. Then do that 4 more times for a total of 5 rounds.

CORE
26 to 30 minutes
Do the following moves for 1 minute each.

Plank (on palms)

Leg lifts Lie faceup on floor, arms by sides. Raise extended legs straight up, then lower them to hover above floor.

Crunches

Cross-body mountain climbers Alternate bringing knees to opposite elbows.

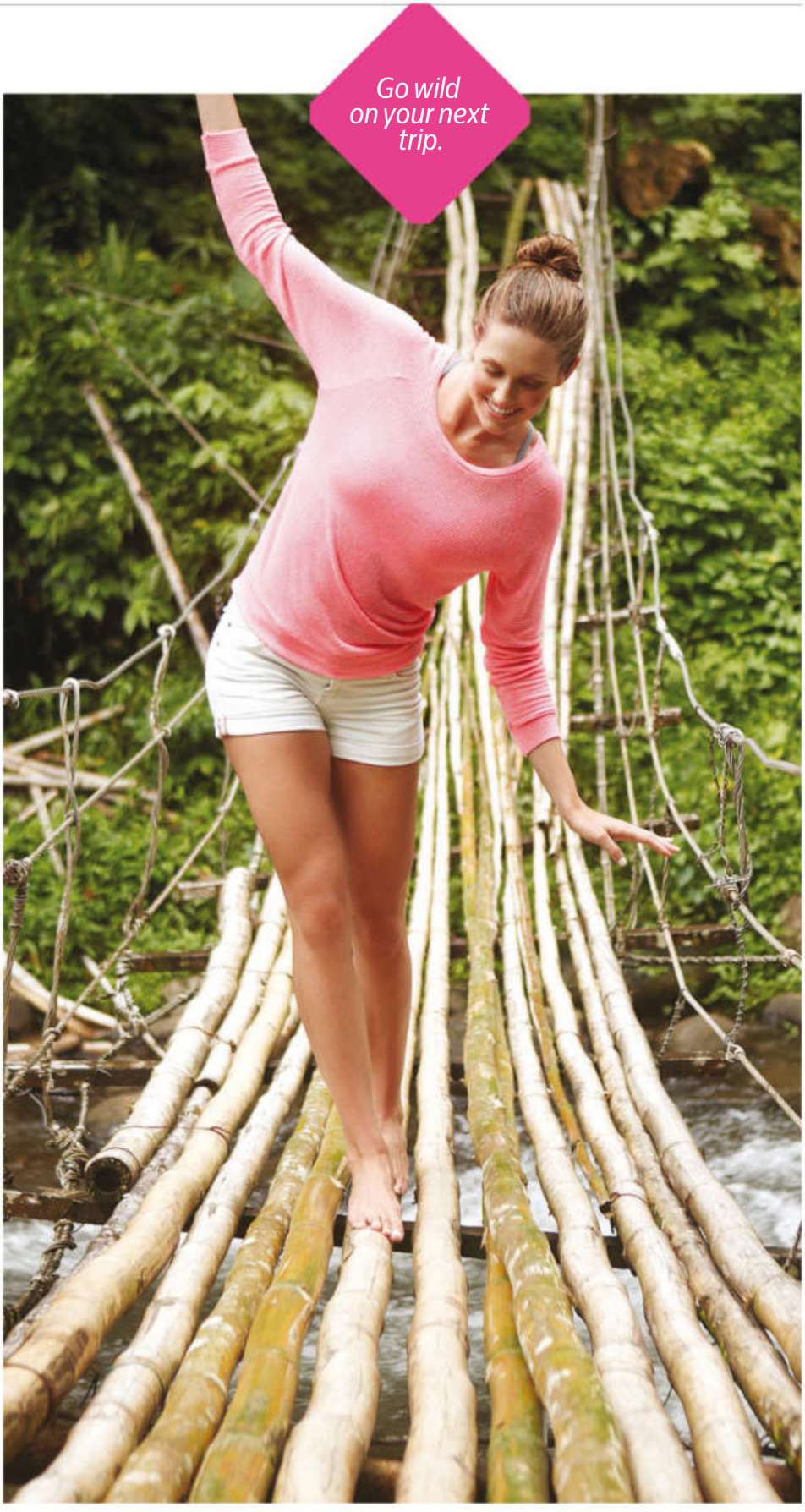
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Your next relaxing getaway

If your top vacation goal is to unwind, pack your favorite fleece and go into the woods.

By SARA ANGLE



The Japanese practice of *shinrin-yoku*, or forest bathing—soaking up the restorative vibes of being in the wild—can give you a powerful mind-body boost. "Spending time in nature can improve your creativity, cognitive function, and mood as well as strengthen your immune system and lower your blood pressure," says Richard Louv, the author of *The Nature Principle*. And while research shows that even as little as five minutes of active time outside can boost your self-esteem, the enduring relaxation perks start adding up when you spend hours or days among greenery. So it's no wonder that forest bathing is becoming the latest travel trend. We've got the perfect places for you to try it out, from the rugged to the ritzy. →

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For the adventure obsessed

Outward Bound, nationwide

Sign up for an expedition with Outward Bound, which hosts wilderness-immersion trips throughout the U.S. Most are geared toward a specific sport, like sea kayaking, hiking, or rock climbing. On the Yosemite Alpine Backpacking Expedition, for example, you'll spend seven days surrounded by the beauty of the famous national park, navigating private trails with a compass, cooking in the backcountry, and getting a great workout, courtesy of the challenging alpine terrain. When you reach your destination, you'll be stronger, savvier, and blissfully refreshed. ($1,695, outwardbound.org)

For the spa-goer

Big Cedar Lodge, Ridgedale, Missouri

Not into camping—or even glamping? Then the Cedar Creek Spa is for you. The interior is designed to look as if you're outside in the Ozarks, so you can get your woodsy fix without sacrificing a single creature comfort. Real aspen trees line the walls and peek out from corners, while natural stone floors give way to an indoor grotto pool. The popular Ozarks Rain Experience even mimics the sensation of being outdoors in a warm summer rain shower. Low illumination in the treatment and relaxation rooms mirrors forest light, which, according to studies, has been shown to reduce anger. And for guests who do wish to venture into the wild, the lodge offers guided walking, biking, and Jeep tours through the nearby Dogwood Canyon Nature Park. (From $280 a night,



You and your crew

THE FOREST AS YOU'VE NEVER SEEN IT BEFORE

Get an entirely new perspective on the fall foliage—and forest bathing—at the Wild Walk, located in Adirondack Park in upstate New York. This man-made, elevated treetop trail puts you up to 45 feet above the forest floor. As you walk, guides and interactive exhibits will school you and your family on the plants and animals you'll see. Two highlights: a larger-than-life spiderweb you can climb and an oversize eagles' nest that offers a breathtaking bird's-eye view of the six-million-acre park. ($20 for adults, wildcenter.org)

For the day hiker

Trout Point Lodge, Nova Scotia

The main draw of this lodge, located just off the northern coast of Maine, isn't the luxe accommodations but it's proximity to the dense Acadian Forest. Extensive trails span the hotel's 100-acre property, so you can reap the woods' tension-taming benefits on hikes, walks, and bike rides with or without an experienced guide. When you feel like returning to civilization, head back to Trout Point to finish unwinding in the outdoor cedar barrel sauna and wood-fired hot tub, which are situated riverside. By the time you return to your room, you'll be more than ready to sink into the plush bed. And don't worry about smartphone pings interrupting your stress-free escape—there's no cell service. (From $169 a night, troutpoint.com)



For the social butterfly

Camp No Counselors, Chicago, Los Angeles, Nashville, and New York

At this all-inclusive sleepaway camp for adults, you'll get the physical and mental benefits of hiking, kayaking, and zip-lining your way through one of the wooded campgrounds, plus an additional happiness bump from bonding with your new bunk mates. Grown-up perks include no early wake-up call and a full bar by the s'mores circle. (From $525 for a three-day stay, campnocounselors.com) ★

Clockwise from top left: Getty Images; courtesy of Trout Point Lodge; courtesy of Wild Walk


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Shape Fitness Director Jaclyn Emerick

"On top of being one of the best body-weight moves out there, full-range push-ups look impressive and make you feel strong and empowered."

"My arms tingle and my fingers go numb when I run. What's going on?"

—*Aimee Lewis, 24, Washington, D.C.*



The most likely culprit is a pinched nerve in your neck or upper back, says Jordan D. Metzl, M.D., a sports medicine physician at the Hospital for Special Surgery in New York City and the author of *Running Strong*. "If your neck is strained forward when you're running, there's more pressure on the muscles around it and on your shoulders," Dr. Metzl says. "This can aggravate an already-pinched nerve or an underlying muscle spasm in your trapezius [the sheet of muscle between your shoulder blades], resulting in numbness." He recommends a three-step plan of attack: Foam-roll your back and shoulders for a few minutes before you run; do a five- to 10-minute dynamic warm-up (skips, walk-out planks, leg swings) to limber up tight muscles; then keep your upper body loose and your shoulders down as you stride.

Shape's fitness director, **Jaclyn Emerick**, is also a certified personal trainer, Spinning instructor, kettlebell instructor, and sports and exercise nutrition coach. Tweet **@shape_magazine** and **@jaclynemerick** with **#fitq** for a chance to get your question answered in an upcoming issue.

Jac wants you to . . .

GRADUATE FROM MODIFIED AND HALF PUSH-UPS

Quick pep talk: You are strong and badass enough to do military-style push-ups with textbook form, so don't sell yourself short and lower only halfway or default to doing them on your knees. It's better to bang out just a few solid push-ups than to do dozens of less-demanding ones. First, when you go only halfway down, you're only halfway firming. And doing push-ups on your knees activates every muscle as much as 22 percent less per rep, according to research in the journal *BMC Musculoskeletal Disorders*. A proper push-up, though, can be considered a full-body workout packed into one move: It sculpts your shoulders, triceps, and chest muscles; tightens your core; and firms your butt and quads. But that's if, and only if, you do it right. Lower your (straight) body until your chest grazes the floor. That's the muscle maker: *Your chest has to graze the floor*.

Ready to rule your boot camp class? Do this progression and soon you'll be mastering gold-standard push-ups.

BEGIN BY USING A LOW BENCH

Grasp the edge of a bench with a shoulder-width grip and walk feet back until body forms a straight line, wrists under shoulders. Do a push-up. Let your chest touch the bench. The incline will make you feel lighter, but your body alignment preps you better for the real deal than push-ups on your knees do. Aim for 2 to 3 sets of 8 to 12 reps.

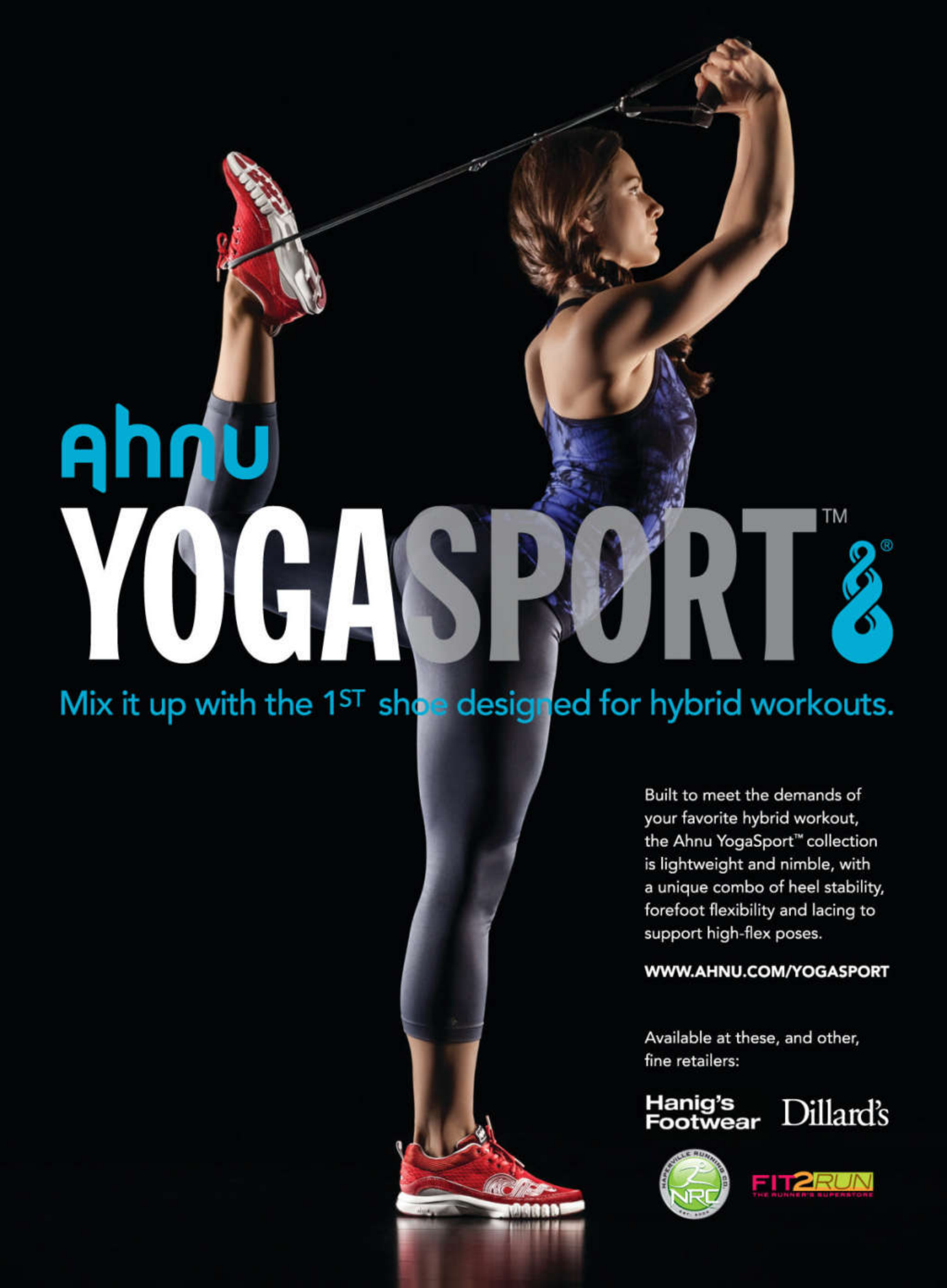
NEXT, GO FROM THE GROUND UP

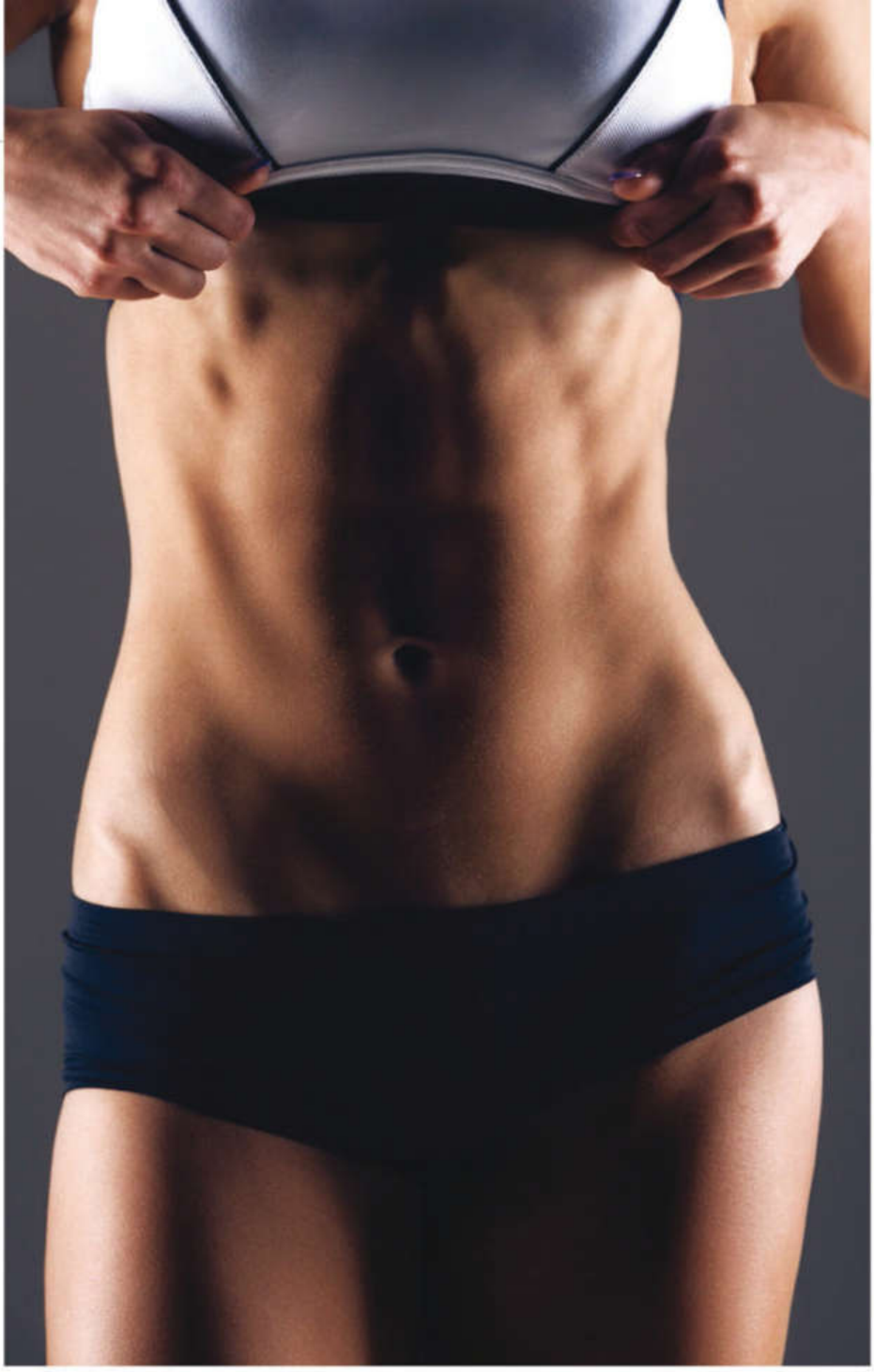
Lie facedown on floor with toes curled under and palms beneath shoulders. Tighten abs, glutes, and quads as you press up to plank. Hold; repeat. Go for 2 to 3 sets of 5 to 8 reps.

THEN LIFT YOUR HANDS

Start on floor in plank on palms. Bend elbows to lower body all the way so that you're lying on floor. Then lift palms off floor for a second or more. (In the beginning, take all the time you need down there.) Replant palms and push back up. This forces you to achieve the full range of motion of a push-up but also gives muscles a quick break to reset midway through the rep. Do 2 to 3 sets of 5 to 8 reps. As you get stronger, move faster and add more reps. Then eliminate the hand release. Congrats—you're officially a push-up rock star!

Photograph by JAMES MICHELFELDER


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Budge the pudge

One simple tweak could help you lose ab fat to the tune of 10 percent. Adopt the new exercise rules that can make this flat tummy yours.

By LESLEY ROTCHFORD

Fat is lazy. Mostly it just sits there, daring you to burn it. And while it can seem that you have to work really hard to chip away at a muffin top, the inspiring truth is that it's easier to exercise off ab flab than any other fat on your body. In a nutshell, to incinerate fat, you first have to mobilize the stuff out of its little storage units, a.k.a. adipose tissue, and into the bloodstream, where it can be ferried to your muscles as fuel. Contrary to what it feels like from atop your Spinning bike, the adipose tissue in your belly is more than willing to free up its flab.

To put it more scientifically: "That adipose tissue has a greater density of receptors for the substances that stimulate fat mobilization than adipose tissue in other areas of the body," says Jeff Horowitz, Ph.D., a professor of movement science at the University of Michigan School of Kinesiology. Pay attention now, because you're about to learn the crucial workout rules that will forever change the way you sweat and rep away ab fat.

Discover the new fat-burning zone

It used to be all about low-intensity cardio. Remember that? The old theory posited that, because your body burns a higher percentage of fat calories at lower intensities than it does at higher ones, you should cruise at the slower "fat-burning zone" to melt off the pounds. But

Yuri Hashalev/Thellcensingproject.com



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INDICATIONS FOR PREVNAR 13®

- Prevnar 13® is a vaccine approved for children 6 weeks through 17 years of age for the prevention of invasive disease caused by 13 *Streptococcus pneumoniae* strains (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F), and for children 6 weeks through 5 years for the prevention of otitis media caused by 7 of the 13 strains
- Prevnar 13® is not 100% effective and will only help protect against the 13 strains included in the vaccine

IMPORTANT SAFETY INFORMATION

- Prevnar 13® should not be given to anyone with a history of severe allergic reaction to any component of Prevnar 13® or any diphtheria toxoid–containing vaccine
- Children with weakened immune systems (eg, HIV infection, leukemia) may have a reduced immune response
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely
- The most commonly reported serious adverse events in infants and toddlers were bronchiolitis (an infection of the lungs) (0.9%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%), and pneumonia (0.9%)
- In children 6 weeks through 17 years, the most common side effects were tenderness, redness, or swelling at the injection site, irritability, decreased appetite, decreased or increased sleep, and fever
- Ask your health care provider about the risks and benefits of Prevnar 13®. Only a health care provider can decide if Prevnar 13® is right for your child

You are encouraged to report negative side effects of vaccines to the US Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13® on the adjacent page.

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WHO SHOULD RECEIVE PREVNAR 13® (Pneumococcal 13-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein])?

- Prevnar 13® is a vaccine approved for children 6 weeks through 17 years of age for the prevention of invasive disease caused by the 13 strains of *Streptococcus pneumoniae* included in the vaccine, and for children 6 weeks through 5 years for the prevention of ear infections caused by 7 of the 13 strains
- Prevnar 13® is also approved for adults 50 years and older for the prevention of pneumococcal pneumonia and invasive disease caused by the 13 vaccine strains
- Prevnar 13® is not 100% effective and will only help protect against the 13 strains included in the vaccine

Children 6 weeks through 5 years of age:

- Prevnar 13® is recommended for children 6 weeks through 5 years of age
- Prevnar 13® is given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age
- ***Transition schedule:*** Children who have received 1 or more doses of Prevnar® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM_{197} Protein]) may complete the 4-dose immunization series with Prevnar 13®
- ***Catch-up schedule:*** Children 15 months through 5 years of age who are considered fully immunized with Prevnar® may receive 1 dose of Prevnar 13® to elicit immune responses to the 6 additional strains
- The immune responses from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13®

Children 6 years through 17 years of age:

- In children 6 years through 17 years of age, Prevnar 13® is given as a single dose

Adults 50 years and older:

- A single dose of Prevnar 13® is recommended for adults aged 50 years of age and older

WHO SHOULD NOT RECEIVE PREVNAR 13®?

Children or adults who have had a severe allergic reaction to any component of Prevnar 13® or any diphtheria toxoid–containing vaccine should not receive Prevnar 13®

BEFORE STARTING PREVNAR 13®

Tell your health care provider or your child’s health care provider about all medical conditions, including:

- Previous allergic reactions to other vaccines
- Especially tell the health care provider if your child or you are taking medicines that can weaken the immune system, such as steroids (eg, prednisone) and cancer medicines, or are undergoing radiation therapy
- If you are pregnant or nursing, or if you plan to become pregnant

WARNING

- A temporary pause of breathing following vaccination has been observed in some infants born prematurely. Decisions about when to give Prevnar 13® to infants born prematurely should be based on consideration of the individual infant’s medical status, and the potential benefits and possible risks of vaccination
- The safety and efficacy of Prevnar 13® when given to persons with a weakened immune system (such as HIV infection, damaged spleen, cancer, or kidney problems) is not known. Children or adults with a weakened immune system may have a reduced response to Prevnar 13®

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- In children 6 weeks through 17 years, the most common side effects were tenderness, redness, or swelling at the injection site, irritability, decreased appetite, decreased or increased sleep, and fever. Most commonly reported side effects in children 5 years through 17 years also included hives
- The most commonly reported serious adverse events in children were bronchiolitis (an infection of the lungs) (0.9%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%), and pneumonia (0.9%)
- In adults, the common side effects were pain, redness, or swelling at the injection site, limitation of arm movement, fatigue, headache, muscle pain, joint pain, decreased appetite, chills, or rash

WHAT SHOULD I KNOW ABOUT RECEIVING PREVNAR 13® WITH OTHER VACCINES?

- In adults, immune responses to Prevnar 13® were reduced when given with injected seasonal flu vaccine
- When given within 1 year following pneumococcal polysaccharide vaccine, immune response to Prevnar 13® may be lower

ADDITIONAL IMPORTANT INFORMATION

- The safety and effectiveness of Prevnar 13® when used in children less than 6 weeks of age is not known
- In a study in which children received acetaminophen prior to Prevnar 13®, immune responses to some strains in the vaccine were lower compared with responses among children who received acetaminophen after vaccination only as needed
- Ask your health care provider about the risks and benefits of Prevnar 13®. Only a health care provider can decide if Prevnar 13® is right for you or your child

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your health care provider or your child’s health care provider for complete product information
- Go to www.Prevnar13.com or call 1-800-666-7248

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the math never worked. In fact, when you go harder you'll burn more calories overall and more total fat calories as well. We now know a way to incinerate fat in much less time: HIIT. A review of research in the *Journal of Obesity* found that doing high-intensity intervals may be more effective at reducing ab fat than any other kind of workout. In one study, a group of women sprinted on stationary bikes for eight seconds, rested for 12, and repeated that for 20 minutes, three times a week, while others pedaled for 40 minutes at a slow, steady pace. After 15 weeks, the interval group had a 9.5 percent decrease in abdominal fat, and the steady cyclers had an *increase* of 10.6 percent. (Why the gain? Researchers don't know—possibly extra snacking.) Bottom line: The HIIT group shed fat because the body registers high-intensity exercise as a stressor and elevates fat-freeing hormones, called catecholamines, including some that prep for a fight-or-flight response. Because the body doesn't elevate catecholamines to the same extent during steady-state cardio, you'll likely melt more ab fat doing HIIT even if you burn the same number of calories, says study author Gail Trapp, Ph.D. So push your pace regularly during cardio—the exact timing doesn't seem to matter: Other HIIT studies showed ab fat loss with intervals ranging from six seconds to four minutes. Just get out there and mix it up.

When you are doing steady cardio, keep it snappy

You're not always going to be up for sprintervals, and you shouldn't do them more than three times a week anyway. Plus, there's the endurance and the Zen boost you get from going steadily that you wouldn't want to miss. The key to making steady cardio a more effective belly burner is to maintain a sweet spot of intensity at around 75 percent of your max (fast enough that you can talk only in choppy sentences). When you're exercising for more than 20 minutes at this challenging pace, your body starts searching for new sources of fuel, so it steps up its springing of fat from adipose tissue. At this specific intensity level, your body releases enough catecholamines—and growth hormone—to ensure that the freed fats are delivered to the muscles for energy, explains Robert McMurray, Ph.D., a professor of nutrition at the UNC Gillings School of Global Public Health. Go slower and the stress hormone cortisol will throw a wrench in that fat-burning rhythm. (There's an involved—and fascinating—process behind that phenomenon, but it's for another installment of the Belly Shrink, so let's move on.)

> You'll melt more ab fat doing HIIT even if you burn the same number of calories during steady cardio.

Speed up your strength-training routine

HIIT-ifying your resistance workout can stimulate fat mobilization just as cardio does. Be sure to make your sessions moderate to high intensity (or build up to it), involving lots of reps and very little rest, and including moves that keep your legs working continuously. "This guarantees that your heart rate stays elevated and that both catecholamines and growth hormone trigger fat to be released," says Nicholas Ratamess, Ph.D., a professor of health and exercise science at the College of New Jersey. So work in intervals of burpees, squat jumps, and mountain climbers (doing as many reps as possible in a minute) between toning exercises like biceps curls or chest presses. And Ratamess recommends adding in some heavier power-lifting moves, such as dead lifts, if you're up to it. "Loading helps contribute to a larger metabolic response," he says.

Make room for yoga

Yoga doesn't get much respect when it comes to losing fat, but it should. It's less about the calories you burn (although a good power yoga class could melt 432 calories) than it is about the calm you get. Again, this has to do with the stress hormone cortisol and its ability to short-circuit fat burning. Basically, yoga and other relaxation techniques can help keep your cortisol levels in check, says Shawn Talbott, Ph.D., the author of *The Cortisol Connection*, so fat that could potentially be used as fuel doesn't get packed back into storage around your middle. In a study from Kyungsung University in South Korea, women who did yoga three times a week decreased their ab fat by about 1 percent in four months—maybe not headline-grabbing, but when you consider that yogis also tend to have lower body-mass indexes than the general population, you've got to figure they're on to something. Worth a few down dogs to find out if it works for you. ★

Ari Michelson/August



Bullet-proof your motivation to move.

This club's for you

Like to run? Want to start? You're in! There's a running group that's just your pace—and taste.

By CAITLIN CARLSON

Running: Everyone's doing it. And some runners are having so much fun, it's almost as if they're taking the work out of their workouts. If you are a beginner and need company that's not competitive, are bored by logging miles solo, or want the accountability of going with a buddy (or dozens of 'em), there's a group of like-minded striders you can connect with.

With 17,000-plus running clubs across the country, chances are you've passed one in the park. "Half of these clubs are entirely dedicated to newbies, and at least two-thirds of them have beginner programs," says Jean Knaack, the executive director of the Road Runners Club of America (RRCA), an association of clubs that welcomes all takers.

Also cropping up are quirky new clubs that pair pounding the pavement with a totally unrelated activity (one involves milk shakes) to heighten the feel-good effect. And these clubs boast a ton of benefits beyond earning you a better body.

It's not a track team

Don't let your mind go to those time trials in PE class—competition is not in the DNA of many running clubs. (For that, look for a "track club" moniker.) Road Runners clubs, for instance, divvy up runners into different levels based on how fast they can cover a mile—whether a speedy seven minutes or a more leisurely 10 or beyond—so they're guaranteed to be able to hang with the pack no matter their pace.

A sampling of club names from the RRCA site can give you a hint at their noncompetitive bent: Virginia Happy Trails Running Club, in Arlington; Lake Grapevine Runners and Walkers, in Grapevine, Texas; and Women Running Wild, in Bucksport, Maine. "You can even reach out to the club beforehand to get a sense of the average pace before you join," Knaack says. Find a club near you at rrca.org/find-a-running-club.

The motivation boost is through the roof

"The support and sense of responsibility you feel toward your training partners can be all it takes to get you out there," explains Rob Udewitz, a clinical and sports psychologist in New York City. "That's why people who run with partners or a group tend to run more often than those who go it alone." In fact, when

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exercisers in a Kansas State University study worked out with someone they believed was slightly more fit, they pushed themselves harder and ran twice as long. Sure, this was partly because they didn't want to be left in the dust. But they also didn't want to let their workout pals down, the researchers found.

Plus, when big-picture goals like dropping pounds and toning up aren't motivating you to move, "having another reason to exercise on top of your physical ones will make you less likely to skip sessions," Udewitz says. This could be anything from the lure of camaraderie to, in the case of specialty running clubs, being rewarded with a brew or even time with puppies. First, figure out what gets you fired up (food? craft beer? puppies?) and seek out a running group that incorporates that. (We've got a starter list of some interesting ones on the right.) Knowing that you're logging miles for a better body and something else that you're passionate about makes it way more likely that you'll show up every time, Udewitz says.

You'll get fitter without sweating lots of little details

Think of running clubs as removing the usual exercise hurdles so you can just, well, run. If you forget to charge your Garmin, there's usually a pacer to maintain the right cruising speed. If you're bored with your usual loop, a running club is likely to switch things up to hold your interest. Take the Nike+ Run Club (nike.com): It offers everything from speed runs and long runs to recovery runs (dubbed Home Run) and local runs that are dedicated to exploring routes unique to the location. "There are creative ways to experience your city—and other cities, trails, and parks—that only a running club can introduce you to," says Chris Bennett, the Nike+ Run Club global head coach.

Many clubs provide water or snacks on longer distances. A club allows you to let go of any stress you may associate with running, Udewitz says. "You chat with others, which can distract you from the burning muscles and breathlessness you would normally obsess over on solo ones." Without necessarily realizing it, you're going faster and burning more calories.

The bonding is built in

As you rack up the miles, there's plenty of opportunity to get to know your running buddies on a deeper level. "Going through something physically challenging with others is a tremendous bonding opportunity," Udewitz says. It's also a chance to make a romantic connection. "After all, you're mixing with people who share a similar interest," he adds. Make sure you talk to the club's coaches, too, since they will have tips to help you achieve your goal, whether it's to run longer or hit a certain time, says Christopher Minson, Ph.D., an exercise physiologist.

The sport actually becomes fun

When you pair running with another beloved activity, such as a book club, you begin to associate the two. "Talking about a book postworkout, for example, and feeling the happy emotions you get from reading while you run will transfer over and make logging miles more enjoyable," says Lennie Waite, Ph.D., a sports psychologist.

Soon enough you'll become one of those people who legitimately loves to run. ★

HOW TO START YOUR OWN RUN CLUB

Begin informally. Plan a group run at a set time and place and invite friends through social media. (None of your nearby buddies run? Post on meetup.com to find other takers.) From there, you may want to make it more official. Reach out to local running stores and even the high school's cross-country coach to get support and help spread the word. Next step: Have a planning meeting. Decide on a name, set some rules, and make a schedule, says Jean Knaack of the Road Runners Club of America. Check out rrca.org/club-directors/start-a-club for more info on getting yours off the ground, plus tips on promoting it, liability insurance, and more. Then all that's left to do is to lace up!

WHAT GETS YOUR MOTOR RUNNING?

Pick your passion: These fun clubs will make you smile through the miles.

BEVERAGES The Hash House Harriers (worldharrierorganization.com) meet regularly—there are 2,000-plus clubs worldwide—to run a mystery distance (usually three to six miles). Sometimes there are beers midway, and the runs always end with refreshments.

BOOKS The Long Run Book Club, based in Albany, New York, meets monthly for an eight- to 10-mile run, during which members discuss a recent page-turner. Read, Run, & Rant (ceciliaontherun.com) in Savannah, Georgia, is similar.

PUPPIES We Ruff DC (weruffdc.com) has weekly runs for you and your pup ranging from one to three miles for newbies to five to eight miles for "Prefontaine Pooches and their owners." Many shelters recruit volunteers to run with their dogs; give your local one a call to see if it does.

CULTURE NYC Bridge Runners (routesandculture.nyc) is an urban crew known for postparty runs (yes, as in doing a late-night run after partying) as well as serious, marathon-training runs that follow lesser-known loops.

FOOD On the second Tuesday of each month, members of the Shack Track & Field (facebook.com/shacktrackandfield) in Baltimore; New Haven; New York City; Orlando, Florida; Philadelphia; and Washington, D.C., run three to five miles that end with Shake Shack burgers and shakes. Your first drink is on the house.

FITNESS Now in 21 cities in the U.S. and Canada, the November Project (november-project.com) combines running with strength work. "We do core workouts, but we're not CrossFit; we do planks, but we're not yogis," cofounder Bojan Mandaric says.

CHARITY Run to raise funds for medical research with the Leukemia & Lymphoma Society's Team in Training (teamintraining.org). Help rescue animals with Team ASPCA (aspca.org). Be a running guide to someone who is blind with United in Stride (united instride.com). Or volunteer as a coach and run with young girls with Girls on the Run (girlsontherun.org).


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Power food

The tasty ingredients in these recipes can bump up your energy, boost your endurance, and help you recover faster.



Tart cherry fights postworkout inflammation.

POSTWORKOUT GUMMIES

In a small saucepan over low to medium heat, combine 1 cup unsweetened tart cherry juice, the juice of 1 large lemon, and 1 tablespoon maple syrup or raw honey. Slowly mix in 5 tablespoons gelatin made from grass-fed beef and stir until dissolved. Pour mixture into an ice-cube tray and refrigerate for at least 45 minutes. Use a dull butter knife to remove the gummy blocks; store in a sealed container in the refrigerator. Makes 12 to 14 cubes. (26 calories each)

Photographs by TOM SCHIERLITZ

The last thing your body deserves after killing it at the gym is a recovery snack or drink full of sugar and a bunch of artificial ingredients. That was the driving belief behind sports nutritionists Tara Mardigan, R.D.N., and Kate Weiler's new cookbook, *Real Fit Kitchen*. They filled the go-to tome with 100 easy, healthy, and tasty recipes packed with vitamins, minerals, and antioxidants that help repair your muscles and make you stronger the natural way. This is real food (not stuff cocooned in plastic) with real flavor, and they're the best power meals you've ever eaten. Two of our favorite recipes from the book and a brand-new one created just for *Shape* are on these pages, but we highly recommend you make your way through the whole ridiculously delicious feel-good lineup.



CHOCOLATE RECOVERY PUDDING

In a blender or a food processor, combine 2 cups frozen cherries, 1 cup kale or spinach (stems removed), 2 tablespoons raw cacao powder, 1½ tablespoons chia seeds, 1 tablespoon natural protein powder, ½ teaspoon maca powder (a natural energy booster available at health stores or amazon.com), and 2 dates (optional; you can substitute 1½ tablespoons raw honey or pure maple syrup). Blend until smooth. Pour into bowls and top each with 1½ teaspoons cacao nibs and fresh berries or sliced bananas. Serves 2. (241 calories)

WATERMELON ELECTROLYTE DRINK

Combine 1 cup seedless watermelon cubes, ½ cup maple water (you can make your own by mixing 1 teaspoon maple syrup with 8 ounces water), ½ cup ice, and 6 fresh mint leaves in a blender and process until smooth. Serves 2. (27 calories)

Food styling by Jamie Kimm; prop styling by Emily Mullin/Hello Artists

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Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, including peanuts, as part of a diet low in saturated fat & cholesterol may reduce the risk of heart disease.

EAT THIS! NOT THAT!

Coffee talk

Get your caffeine fix without packing on the pounds.

BY DAVID ZINCZENKO



From your own kitchen . . .

DRINK THIS!

Vanilla-Cardamom Latte

Brew 2 tablespoons espresso or dark roast coffee in 6 ounces water. While the coffee brews, heat 6 ounces 2 percent milk, ⅛ teaspoon ground cardamom, and ¼ teaspoon pure vanilla extract in a small saucepan over medium heat, whisking vigorously until milk gently simmers and develops a slight froth, about 2 minutes. Pour coffee and cardamom milk into a mug and stir in ½ teaspoon sugar. Top with a sprinkle of cinnamon and enjoy immediately. (99 calories)

From the coffee shop . . .

NOT THAT!

Starbucks White Chocolate Mocha with whipped cream

470 calories, 18 g fat (12 g saturated), 59 g sugar for a grande with 2 percent milk

With more calories and saturated fat than—and more than twice the sugar of—a serving of Chubby Hubby ice cream, you'll be dragging your tired bod back for more caffeine once the sugar high wears off.

DRINK THIS!

Starbucks Skinny Mocha

140 calories, 1.5 g fat (1 g saturated), 15 g sugar for a grande

Drinks labeled "skinny" at Starbucks are made with sugar-free syrup and fat-free milk. With this simple swap, you could add a butter croissant and still come out 20 calories ahead. Plus, you're saving more than two Kit Kat bars' worth of sugar.

SAVE! 330 CALORIES 44 G SUGAR

SMART COFFEEHOUSE PICKS

When you want something cold:

NOT THAT! Tim Hortons Iced Capp (430 calories and 50 g sugar for a medium)

DRINK THIS! Tim Hortons Iced Coffee (110 calories and 9 g sugar for a medium)

SAVE! 320 calories 41 g sugar

For a dessert-inspired treat:

NOT THAT! Dunkin' Donuts Butter Pecan Swirl Latte with whole milk (340 calories and 53 g sugar for a medium)

DRINK THIS! Dunkin' Donuts Caramel Latte Lite (110 calories and 15 g sugar for a medium)

SAVE! 230 calories 38 g sugar

It's time for tea:

NOT THAT! Caribou Coffee Chai Tea Latte (320 calories and 49 g sugar for a medium)

DRINK THIS! Caribou Coffee Hot Cinnamon Spiced Tea (0 calories and 0 g sugar for a medium)

SAVE! 320 calories 49 g sugar

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For more smart swaps and delicious recipes, pick up *Eat This, Not That!* (2015 edition), available exclusively at eatthis.com.



Recipe developed by Rebecca Miller Ffrench; food styling by Jamie Kimm; prop styling by Emily Mullin/Hello Artists

Photograph by TOM SCHIERLITZ

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Try it now... Mustard greens



Think naturally peppery and earthy—that's the dynamic flavor of these leafy greens and what makes them work so well in a variety of dishes. Another reason to get on board: Mustard greens are full of cancer-fighting glucosinolates as well as calcium and vitamin K, which help keep your bones strong. And unlike many other greens, they even contain some protein (more than three grams per serving). We have three delicious recipes here, but feel free to experiment by sautéing or stewing the hearty vegetable or even tossing it raw with a vibrant dressing.

MAKE MUSTARD MAGIC

Braise them. Sauté some chopped onions in olive oil with a little bacon or pancetta. Then add washed and chopped mustard greens and just enough chicken stock to cover. Cook over medium-low heat for a few minutes, until the greens are wilted and tender. Add a splash of vinegar, some red pepper flakes, salt, and pepper, and serve.

—Donatella Arpaia, chef and partner at Prova in New York City

Dress them. Sauté two pounds of mustard greens over high heat with a little olive oil, salt, and pepper, for about 30 seconds. Lay the greens on a tray to cool. Meanwhile, sauté three garlic cloves, thinly sliced, and two shallots, finely chopped, in olive oil until caramelized. Add a half teaspoon of red pepper flakes, a teaspoon each of whole-grain mustard and honey, and a quarter cup of champagne vinegar; whisk together, cool slightly, and pour over greens.

—Justin Shoults, chef at Brine in Newburyport, Massachusetts

Pickle them. Bring two parts rice wine vinegar, one part sugar, and one part water to a boil. Clean and slice mustard greens into two-inch strips and place them in mason jars. Pour liquid over greens and seal jars; refrigerate. (They'll keep for a month.) Eat with sausage or rice dishes.

—Jonathan Wu, executive chef and partner at Fung Tu in New York City

Food styling by Jamie Kimm

Photograph by TOM SCHIERLITZ

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The best salad you'll ever eat

Despite the many delicious benefits of a light, leafy lunch, your average mixed greens never truly satisfy your craving to bite into something substantial. We have a fix for that: the composed salad, a meal as beautiful as it is healthy and hearty. The ingredients—and you have a lot to play with here—are arranged on your plate rather than tossed together, letting you include a wider variety of the season's freshest fruits and vegetables, both cooked and raw; nuts and whole grains; and creamy indulgences like cheese. And anything else you want to throw in. The mix of protein, slow-burning carbs, and good fat will fill you up and keep you fueled all afternoon. Our recipe provides enough for three days' worth of lunches, so you can prep the ingredients once, arrange them creatively each time (think stripes, wedges, or circles), and eat happily for days.



Swap in any favorite veggies.

Fall Market Harvest Bowl

Makes: *3 servings*

Cook time: *25 minutes*

Total time: *30 minutes*

- 2 portobello mushroom caps
- 1 large sweet potato, peeled and sliced into ½-inch rounds
- ¼ cup olive oil
- ½ teaspoon salt, plus more for seasoning
- Freshly ground black pepper
- ½ garlic clove, peeled
- ½ ounce Parmesan
- 3 tablespoons chopped walnuts
- 5 cups arugula leaves
- 2 tablespoons white balsamic vinegar
- 1½ cups cooked farro
- 1–2 red apples, such as Empire or Fuji
- 6 tablespoons part-skim ricotta

1 Roast the vegetables. Brush mushrooms and sweet potato rounds with 1 tablespoon olive oil and season with salt and pepper. Roast in a 400° oven for 20 to 25 minutes or until tender, flipping halfway through. Set aside; when mushrooms are cool, slice thickly.

2 Make the dressing. Put garlic and Parmesan in the bowl of a food processor and process until garlic is chopped. Add 1 tablespoon walnuts and process until finely chopped. Add 2 cups arugula, 3 tablespoons olive oil, vinegar, and ½ teaspoon salt and process until combined and smooth. Divide among three small portable containers and refrigerate.

3 Assemble a salad. In a large container, arrange 1 cup arugula; ½ cup farro; ½ apple, sliced into half moons; and ⅓ of the sweet potato slices and ⅓ of the mushroom slices. Top with 2 tablespoons ricotta and a few walnuts. Season with pepper. Pack salad and a container of dressing; at lunchtime, drizzle salad with dressing and enjoy.

* ***Nutrition score per serving:*** *514 calories, 28 g fat (5.4 g saturated), 56 g carbs, 15 g protein, 9 g fiber, 646 mg sodium*

—Recipe by Rebecca Miller Ffrench

Food styling by Jamie Kimm; prop styling by Emily Mullin/Hello Artists

Photograph by TOM SCHIERLITZ

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2 PERFECT PROTEIN PORTIONS

There are typically five courses in a traditional Tuscan meal, with fresh antipasti laying the groundwork for a sensational and savory supper. For a healthier twist, heavy up on fresh vegetables and keep it simple. Choose two to three ingredients to be the focus of the dish—tomatoes, mushrooms, and peppers—with a wedge of cheese or a cut of cured meat for authenticity.

3 SAVOR THE FLAVOR

In celebration of Bertolli's 150th anniversary, head to VivaBertolli.com for your next meal inspiration, expert prepping tips, and more to bring a touch of the old country to your table. The invitation for the celebrazione is good all year long, so savor the flavor and mangia, healthfully.



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Jump-start your slim-down

Focusing solely on the "calories in, calories out" equation overlooks a crucial part of weight-loss success: The right mind-set.

By MARJORIE KORN



Along with what food you eat and how much you work out, the outcome of your diet hinges on another key factor: how you feel about your body. Starting a weight-loss plan with a critical self-image or berating yourself for gaining those extra pounds will set you back before you begin. "You simply can't effect positive change if you're beating yourself up," says Jean Fain, a psychotherapist at Harvard Medical School and the author of *The Self-Compassion Diet*.

Chronically stressing about your weight raises your levels of the hormone cortisol and keeps them elevated. That's a problem because cortisol stimulates hunger, sending your body the message that it needs calories. And in that case you're probably not going for a salad: In a recent study at Ryerson University in Toronto, female students under pressure tended to reach for fatty or salty stuff like ice cream or potato chips. The snowball effect continues—it will take longer to work off those treats because you burn fewer calories when you're tense, says Janice Kiecolt-Glaser, Ph.D., the director of the Ohio State Institute for Behavioral Medicine Research. That's why you *need* a positive mind-set to reach your goal. We'll get you there.

Cultivate true pride

When researchers at McGill University in Canada surveyed about 400 women, they found that those who scored higher on a scale of shame and guilt tended to see themselves as heavier than they actually were, further fueling their negative emotions, whereas women who felt more proud of their bodies saw themselves more realistically. These women had a trove of "authentic pride"—positive feelings about their appearance, abilities, and character.

> Authentic pride makes you feel happier, which motivates you to exercise and cook healthy meals.

"We found that having authentic pride naturally motivates you to exercise more and make good food choices," says Andrée Castonguay, Ph.D., the lead author of the study. It makes sense: When you feel good about yourself, you *want* to take care of your body. On the other hand, if your pride is contingent on your ability to stick to your diet, you'll be more vulnerable to shame and guilt anytime you

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go off-track, says Heather McKee, Ph.D., a weight loss psychologist at St. Mary's University, Twickenham, London. To foster true pride, set manageable goals, such as losing the first five pounds or running a mile without walking, Castonguay says. Achieving them reminds you that you're in control and gives you an occasion to celebrate, which promotes confidence.

Start being nicer to yourself

A key component of authentic pride is consciously treating yourself with kindness—the type you would extend to a friend or an acquaintance. The first step is to decide that you'll talk to yourself only the way you would talk to another person you care about or are being polite to. And stick to it, even in moments of frustration or disappointment—no exceptions. Eventually, this will set an automatic tone of compassion in your way of thinking, which will inform how you approach your goals. Eating healthy and exercising will become ways to be nice to yourself rather than feeling like torture, Fain says. "You'll be more likely to eat when you're hungry, stop when you're full, and be active."

Make weight loss *one* of your goals

To help ensure success, set other milestones beyond a number on the scale. It's counterintuitive, but in her research, McKee found that having a non-weight-loss goal *and* a weight-loss goal helped people achieve both. Pairing goals boosted the study participants' confidence in their ability to succeed—doing well in one area made them more confident they could succeed in the other—and that self-assurance helped them resist food temptations.

Dual goals work particularly well when they're related to each other and you place equal importance on them. So pick milestones that are complementary. For instance, if you want to cook four nights a week and also spend more time with friends, host healthy dinners instead of planning girls' nights out. Or if you would like to boost your heart health and shed pounds, sign up for a race. Even if you don't slim down as quickly as you would like, you'll feel triumphant when you cross the finish line, and that will give you momentum to continue with your healthy-eating habits. "You're building transferable skills, like prioritization and self-control, which will help you achieve your other goals," McKee says.

In addition, focusing on your strengths can help you identify traits you've used to do well in one area of your life, so you can apply them to your diet, says J. Graham Thomas, Ph.D., a dieting researcher and an assistant professor of psychiatry at Brown Alpert Medical School. So if stellar organizational skills are your thing, use those same abilities to plan gym sessions and healthy meals.

Be realistic

There will be times when your better-body plans go to hell. Prepare by outlining the roadblocks you're sure to face, as well as strategies to cope with them. What will you do when you've got gym plans and your friends want you to come grab a drink instead? What healthy meals can you fall back on when work gets crazy busy and you have no time to shop for groceries?

Focusing on obstacles may sound pessimistic, but it will help you in the long run. In her research, social psychologist Gabriele Oettingen, Ph.D., a professor at New York University and the author of *Rethinking Positive Thinking*, has found that people who supplement their healthy-body goals with serious consideration of the difficulty of the endeavor have a higher success rate than those who are endlessly sunny about it. Every dieter has ups and downs, but it's your ability to recover from the downs that makes you succeed.

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HOW WE EAT NOW :: Part 2

eating EXTREMES

Our diets have developed a split personality: One day we're eating clean and green, the next we're digging into pork belly and triple-cream cheese. But is this erratic style of dining good for our health, or is it making us pack on pounds? In this special report, the second in a three-part series on our relationship to food right now, *Shape* explores the truth—and the consequences—of this new yo-yo trend.

By CASEY SCHWARTZ

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I have just spent $33 to purchase three scoops of primal kale salad, one wild salmon cake, and a few grain-free, antibiotic-free chicken tenders. Walking out of Hu Kitchen, a market and restaurant in New York City that specializes in unprocessed food with wholesome ingredients that "exist in nature," I actually feel good about the hefty price tag. More than a meal, I've bought a membership into the cult of Clean Eating. I will be ingesting no chemicals, no laboratory-created concoctions, no GMOs, no gluten—just delicious food in its purest state. I am the ultimate healthy eater.

That is, until I come across a bag of Haribo gummy bears. When that happens, I will scarf them down with total joy, not caring at all that they are loaded with sugar and additives. Then later, I'll be eating clean again.

I am not alone in veering between these extremes—totally healthy and pure one minute, chowing down on sugary, fatty foods the next. Welcome to America's new style of dining; call it the Polar Opposite Diet. We make protein-rich chia seed smoothie bowls for breakfast, eat zucchini "noodles" instead of pasta (fewer carbs!), and drink green juice to cleanse our systems, yet we slather our bread with fancy French butter, order bacon on everything at restaurants, and dig into full-fat artisanal ice cream topped with homemade whipped cream.

This erratic type of eating is part of a larger pattern, identified by researchers as a desire to make healthy food choices while refusing to deny ourselves indulgences. "Today's consumers don't stick to rigid eating plans," explains Kelly Weikel, the director of consumer insights at Technomic, a research and consulting firm that collects data about food and eating trends. Eighty-six percent of people report that they don't follow a specific diet all the time,



and in fact, many of them go back and forth between healthy and hedonistic, the company's research reveals. Specifically, our food behavior varies significantly depending on where we are: Consumers tend to eat more healthfully at home and more indulgently at restaurants. "What we eat depends on the occasion, the scenario, and the day of the week," Weikel says.

THE EATING EXPERIENCE

We are living in foodie times, and to forgo any type of meal, whether it's veggie based or rich and fatty, means missing out on a fascinating event and an education. "We are more sophisticated consumers, so we are always interested in the latest new foods," says Susan B. Roberts, Ph.D., a professor of nutrition at Tufts University. Farm-to-table restaurants, juice bars, and food trucks are everywhere. Plus, we can watch amazing food being prepared on the dozens of food shows that have taken over our TV screens. Eating new dishes, learning their histories and places in tradition—this is an experience we want to be part of.

And social media is feeding our appetites. You can't check your Instagram feed or Pinterest without viewing luscious shots of food porn. People post their pictures of french fries made with duck fat, drizzled with truffle oil, and sprinkled with hickory-smoked sea salt, along with their photos of creamy, vibrantly green and pristine spinach smoothies. "We see pictures of super-healthy meals and super-decadent meals and nothing in between. It leads you to believe that this is how people eat all the time, so it becomes normal," says nutritionist Dawn Jackson Blatner, R.D.N., a *Shape* advisory board member.

We also have a tendency to become fixated on certain foods, both the healthy and the not-so-healthy stuff. Hence our preoccupation with kale, quinoa, and juice, along with bacon, short ribs, and chocolate malt cake truffles. "Like every trend, the style swings back and forth," explains Jessica Spiro, R.D.N., a nutritionist in San Diego. "A decade ago, fat was the villain, and we began

Women who eat all kinds of food are healthier and more physically active than those who don't.*

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shunning it and eating way too many carbs. Now we have an obsession with bacon, butter, and coconut oil."

Surprisingly, eating indulgent foods can actually be good for us. Researchers from the Cornell University Food and Brand Lab recently set out to study how "the rise of foodie culture," as they put it, and the consumption of a greater variety of food affect our weight and health. After surveying more than 500 women, they discovered that those who were more adventurous about what they ate—meaning they had tried a variety of uncommon foods such as pork belly, beef tongue, and rabbit—were healthier eaters, had lower BMIs, and were more physically active than those who were less willing to try unfamiliar dishes. "The findings were exactly the opposite of what everyone expected," says Brian Wansink, Ph.D., the director of the lab and the author of *Slim by Design*. Being open to different flavors may be the healthier way to go because people who consume a wide variety of food are more attuned to enjoying the tastes and textures rather than the quantity. In other words, the experience of eating new things is so satisfying to them, they don't have to consume as much to get their fill.

DIGGING TOO DEEP

Sticking a fork into a little of this and a little of that doesn't bode well for everyone, however. Nutritionists point out that it can be a challenge for some women to stop eating the rich stuff once they start. "Some people do fine, swinging from indulging a little to getting back to cleaner eating without a problem," Roberts says. "For others, it gets them offtrack, and if they want to stay at a healthy weight, they need to stick to healthy foods with very few exceptions."

It's that balance of healthy and indulgent that makes extreme eating a healthy option. The problem is, balance isn't easy to attain. "In many ways, the hardest thing in the world is moderation," says David Katz, M.D., the founding director of the Yale-Griffin Prevention Research Center at Yale University and the president of the American College of Lifestyle Medicine. "You're going to eat some of the tempting foods, but you need the mental strength to be able to say when you've had enough. For many people, it's easier to refrain from temptations completely than to eat them and try to call it quits before it gets out of hand."

And worse than gaining a few pounds, if you can't maintain your control over what and how much you're consuming, you're likely to get angry and frustrated



Women who consider themselves foodies weigh less than women who don't.*

with yourself. "We tend to moralize our health behavior," points out Kayleigh Pleas, a wellness coach in New York City. "We see ourselves as weak if we overeat, and we feel ashamed about it. But beating ourselves up has a counterproductive effect, because shame actually activates the brain's stress response. Then cortisol, one of the main stress hormones, floods through our system and prompts us to eat even more."

FINDING YOUR SWEET SPOT

So how do you eat healthy, for the most part, without depriving yourself of luscious, indulgent foods? We can all agree, it's no fun to order the plain grilled chicken breast with steamed broccoli if everyone else at your gathering is trying the duck confit with tarragon emulsion and crisp potato galette. The key is to follow a few simple rules.

Add hits of adventure to your diet. If you're worried about overdoing it with foods that are too tasty to stop eating, occasionally include small bites of them in your regular meals. Garnish your salad with a rich cheese, Wansink suggests, or top it with a small sliced spicy sausage to excite your taste buds. "Every other week, try to have a food you haven't eaten before," he adds. "Doing this will make you a little more mindful of the process of eating," which can help you eat healthier overall.

Lose the good-versus-bad mentality. If you want a food, don't deny yourself. You'll only get annoyed and upset and probably end up bingeing on something just as caloric or even more so. Instead, eat the food and savor each bite, Pleas advises. Chew slowly, so you can really taste its flavor; pay attention to how appealing its texture is. "Welcome the pleasure of that food into your body," she says. "Don't be afraid to enjoy it."

Tell yourself you can always have more. Serve yourself a small helping of indulgent foods and remind yourself it's not going anywhere and that you can eat it again tomorrow. This will prevent that now-or-never panic and keep you from piling the goodies up on your plate. ★

*SOURCE: Cornell Food and Brand Lab



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Get dirty

And five other moves that bolster your good bacteria—and make you happier and healthier.

By PEG ROSEN



This mud keeps her healthy.

Christa Renee/August

You've no doubt heard about gut bugs and how important they are to your whole-body health. Studies have linked a balanced microbiome, as a community of such bacteria is known, to a more robust immune system, a trimmer body, a stronger heart, and a happier mood.

And until recently, much of the buzz surrounding the good-for-you germs has focused on diet—specifically, probiotic-packed yogurt and fermented vegetables. But while there's no doubt that these foods help your microbes flourish, they are only part of the equation. Now scientists know that these good bacteria also live on your skin, in your nasal passages, and throughout your body. "Research indicates that things like how frequently you exercise, how often you get outside, and how you handle stress all affect your internal bacteria," says Daniel McDonald,

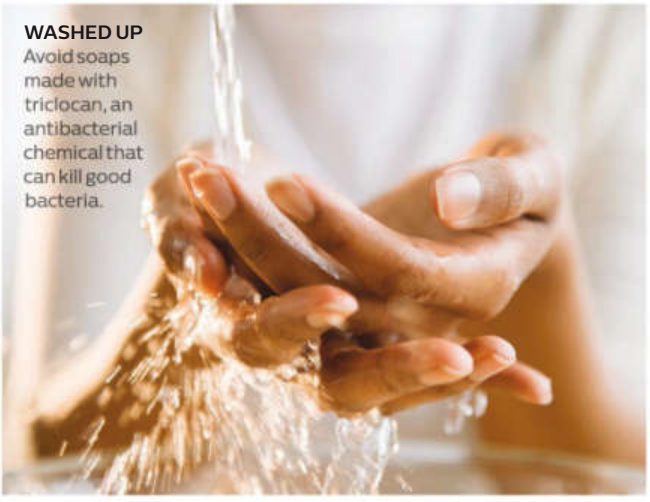
Ph.D., a researcher for the American Gut Project at the University of California, San Diego. So keep eating your yogurt. But to really build up your bugs, start doing these other moves, too.

Adopt a daily fitness plan
People who exercise three or more times a week have more diverse gut bacteria than people who hit the gym less frequently, researchers from the American Gut Project found. Working out speeds your digestion, which means that food spends less time sitting in, and causing the inflammation of, your intestinal tract, where the lion's share of your body's healthy bacteria live, explains Christian Evans, Ph.D., an associate professor at Midwestern University. Exercise's influence on your microbiome can even help keep you slim. Beyond torching calories, physical activity appears to encourage the growth of a specific type of bacteria that is linked to leanness while suppressing other sorts that are associated with obesity, Evans adds.

In American Gut Project research, daily exercisers had the most diverse bacteria of all. But it is possible to go overboard. Studies show that some extreme athletes, like elite marathon runners, have lower diversity. Too much exercise may overstimulate the immune system, which could have a negative effect on gut microbes. Balance your hard workouts with days dedicated to lower-intensity activities like yoga or walking.



LOVE YOUR BUGS
Your body's microbes outnumber its cells 10 to one. But many of the bugs are beneficial.



WASHED UP
Avoid soaps made with triclocan, an antibacterial chemical that can kill good bacteria.

Sign up for a mud run
Or take up hiking, gardening, or any other activity that requires you to get dirty. "When you play with soil, beneficial bacteria in the environment repopulate the community of bacteria on your skin," says gastroenterologist Robynne Chutkan, M.D., the author of *The Microbiome Solution*. Without regular contact with these natural microorganisms, your own bugs can fall out of balance, resulting in a weaker immune system and even a slower metabolism. Just opening your windows when it's nice out or getting a few potted plants can help introduce healthy outdoor microbes into your system, says Justin Sonnenburg, Ph.D., an associate professor of microbiology and immunology at Stanford University.

Use milder soap
Being too hygienic can kill off your beneficial bugs, Sonnenburg says. So limit your use of soaps and body washes labeled "antibacterial" or "antimicrobial." They indiscriminately wipe out a broad spectrum of bacteria, which could leave you open to skin irritation and even weaken your immunity. Instead, opt for mild cleansers. They're less damaging to your skin's microflora and are just as effective at keeping colds and flu at bay as antibacterial versions.

Pay attention to mealtime
Gut microbes set their schedule based on what and when you feed them, says Vanessa Leone, Ph.D., a postdoctoral fellow at the University of Chicago Department of Medicine. If you typically eat between 8:00 a.m. and 6:00 p.m., the bacteria responsible for digesting food will learn to become more active then and turn off during the hours you're asleep. If you suddenly start snacking at midnight or travel across time zones and begin eating at drastically different hours, your microbes won't make that switch along with you, leading to improper food digestion. "They metabolize what

HOW TO KEEP YOUR BACTERIA HEALTHY WHEN YOU'RE SICK

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Ask for the right Rx.
Doctors tend to prescribe broad-spectrum antibiotics because they require fewer daily doses. Before your doctor writes you a prescription, ask if there's a medication that specifically targets your condition. You may have to take more pills, but the antibiotic will kill fewer strains of good bugs, says Lauri Hicks, the medical director of the Get Smart: Know When Antibiotics Work program at the Centers for Disease Control and Prevention.

Don't skimp on recovery.
Resist the temptation to rush back to work after your first or second day on antibiotics. It will place added stress on your microbiome and your body in general.

Pair antibiotics and probiotics. Several studies have shown that probiotic supplements protect your intestinal microbes against antibiotics, reducing side effects like diarrhea. Look for a brand that contains the lactobacillus and bifidobacteria strains, recommends Robynne Chutkan, M.D., an integrative gastroenterologist. "Start taking them at the same time and continue for at least a month after you finish your course."

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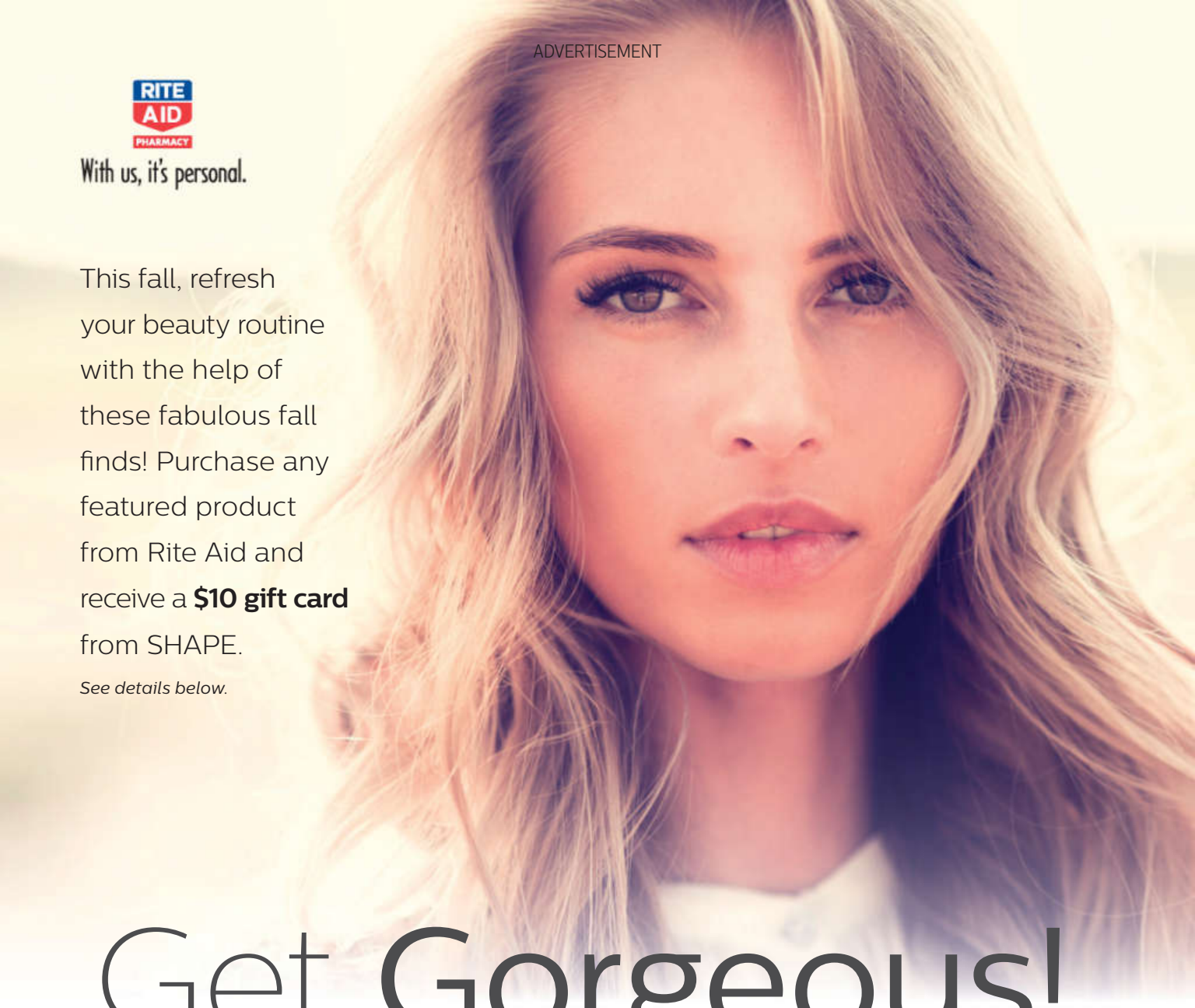
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you eat less efficiently, which can cause you to gain weight," Leone says.

Maintain regular mealtimes as best you can, and when traveling, try to eat when you normally would at home. If that's not possible because you're in a different time zone, fill up on fiber. "Fiber fuels our good microbes and seems to help them adjust to our new eating rhythms," Leone says.

Become a dog person

Pup owners have a more diverse skin microbiome than their petless peers, according to research from the University of Colorado, Boulder. That's because a dog's mouth is home to some powerhouse microbes that are rarely found on human skin. Petting your pooch, sleeping with him, and letting him shower you with doggy kisses can help transfer his healthy bugs to you, Sonnenburg says. And since the bacteria that reside on your skin are your immune system's first line of defense, that may help ward off viruses and illness-causing bugs, Dr. Chutkan explains.

So far, it's not clear whether cat owners enjoy the same perks. But a study in the journal *Pediatrics* found that babies who grew up around felines were less likely to get sick than those who didn't.

Keep calm

There's a biological reason that stress can make you feel sick to your stomach, says Mladen Golubic, M.D., Ph.D., the medical director of the Center for Lifestyle Medicine Wellness Institute at the Cleveland Clinic. Researchers at Ohio State University found that chronic anxiety can throw off your ratio of healthy-to-harmful gut bugs. That imbalance can cause GI issues and leave you more susceptible to illness, because 70 to 80 percent of your immune cells reside in your intestinal tract.

Dr. Golubic says that doing relaxing activities throughout the day—yoga in the morning, stretches or deep breathing at work, reading or listening to music before bed—can help keep stress at a minimum. The result: a happier, healthier microbiome. ★

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Resistant starches such as green peas, lentils, and white beans. Your gut bacteria ferment these filling complex carbs, producing nourishing short-chain fatty acids, Dr. Robynne Chutkan says.

Inulin-rich foods such as leeks, garlic, onions, artichokes, Jerusalem artichokes, and chicory root. Inulin is a natural sugar that is like fuel for your intestinal microbes.

Fiber-dense vegetables such as broccoli, asparagus, and dark, leafy greens. They deliver a decent dose of both soluble and insoluble fiber, a combination that your healthy bugs will feast on.





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You know he's funny and kind. But on a double date, you get to see those good qualities through fresh eyes. Watching couple friends crack up at your boyfriend's or husband's jokes or gush over the way he opens the door for you deepens your appreciation of him, according to a study in the journal *Personal Relationships*.

You boost your chances of getting lucky that night

"When you've got plans with another couple, you tend to get a bit more dressed up than usual," says marriage and family therapist Tara Fields, Ph.D., the author of *The Love Fix*. Translation: He'll look extra cute, and you'll be extra eager to get him back home.

You bust your date-night rut

You and your partner tend to default to the same old things, like dinner and a movie, Fields says. Going out with friends gives you an excuse to try something different. "Research shows that couples who regularly do new things have a more intimate bond," Fields adds.



26% Improvement in women's ability to reach orgasm after practicing Pilates two hours a week for 12 weeks. "Pilates not only strengthens the pelvic floor but also makes you more aware of your body and how to use it with precision, both of which could translate into better sex," explains Michele Olson, Ph.D., a *Shape* advisory board member and a professor of exercise science at Auburn University.

SOURCE: *Journal of Sex and Marital Therapy*

"Are organic tampons worth buying?"

From a health perspective, probably not. While it's true that regular tampons contain dioxin, a chemical by-product of the cotton-bleaching process that's a known carcinogen, organic cotton versions contain surprisingly similar levels of the toxin, according to a study from the U.S. Environmental Protection Agency. The good news is that both types contain only trace amounts of the chemical, says Michael DeVito, Ph.D., the lead author of the study. In fact, DeVito says, you're exposed to as much as 240,000 times more dioxin by your diet than you are by tampons, because the toxin is also found in animal fat.

From an environmental standpoint, however, organic tampons are the clear winner. They use cotton that hasn't been treated with pesticides, and some, including **The Honest Company Organic Cotton Tampons** ($7, honest.com), use more earth-friendly plant-based materials to make the applicator.

No matter which kind you choose, though, opt for the lowest absorbency possible and be sure to change your tampon at least once every eight hours. Both steps will minimize the risk of bacterial growth, which can lead to toxic shock syndrome.

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Small strategies, big results

What *really* works to lower your breast cancer risk

There are 16 little lifestyle habits that have been proved to help protect you. Easy, but powerful. Start practicing them today. By PAIGE FOWLER

Scientists have discovered that one of the most important weapons in the fight against breast cancer isn't a screening test or a pill—it's you. Yes, small choices you make every day can help lower your chances of getting the disease. "The vast majority of women diagnosed with breast cancer don't have any risk factors other than being a woman and getting older," says Therese Bevers, M.D., the medical director of the Cancer Prevention Center at the University of Texas MD Anderson Cancer Center. In fact, she says, 90 to 95 percent of breast cancers may be influenced by lifestyle factors.

So we scoured the research to find strategies with the biggest impact. The best part: You're probably already doing some of them.

Scoop Beauty

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WALK FOR AN HOUR A DAY

But if you bump up the pace, you bump up the benefits: A French study found that four to seven hours per week of vigorous activity decreases your breast cancer risk by 31 percent. Working out harder burns more fat, which helps rid your body of excess estrogen, a hormone that may help cancer cells grow.

19%

ORDER THE BEAN BURGER FOR LUNCH

Swap one serving of red meat a day with a serving of legumes—for instance, soybeans (edamame or tofu), beans, lentils, or peas, suggests research from the Harvard School of Public Health. Legumes are rich in risk-reducing nutrients, including fiber.

37%

SIP TEA WITH EACH MEAL

Black and green brews contain cancer-fighting polyphenols, but they stay in your system for only about eight hours. Filling your mug three times daily keeps them in your body all day, research in *Cancer Epidemiology, Biomarkers, and Prevention* shows.

50%

INSTALL BLACKOUT SHADES IN YOUR BEDROOM

Being exposed to light at night suppresses melatonin, the sleep hormone, which also has immune-boosting effects, the journal *Chronobiology International* reports. "Low levels of melatonin lead to DNA changes that can increase the production of breast cancer cells," says Abraham Haim, Ph.D., the study's author.

26%

SNACK ON ONE PEAR PLUS A HALF CUP OF PEANUTS

That plus half an avocado for lunch and a cup of brussels sprouts for dinner will bring you to your goal of adding 10 grams of soluble fiber to your diet daily. The nutrient helps keep insulin in check—and high insulin levels may double your risk of cancer.

32%

CONSUME EVERY COLOR

Brightly hued fruits and veggies—tomatoes, oranges, bell peppers, leafy greens, and berries—are chock-full of carotenoids, antioxidant compounds that protect your DNA from free radicals to keep breast cancer at bay, a study from Brigham and Young Women's Hospital and Harvard Medical School revealed.

38%

BREAK YOUR ELEVATOR HABIT

Getting more activity during your workday, including climbing the stairs, prevents weight gain and lowers levels of C-reactive protein, a marker of inflammation, thereby reducing breast cancer risk, a study in the *American Journal of Public Health* found. Just standing up more cuts risk by 16 percent. Set a smartphone alarm to remind yourself to get out of your chair and stretch every hour.

62%

HIT THE SLEEP SWEET SPOT

You need seven hours (and definitely no less than six), according to a study in the *British Journal of Cancer*. For a little extra help dozing off, try sipping eight ounces of tart cherry juice with breakfast and dinner. In a Louisiana State University study, this drink netted participants 84 more minutes of shut-eye.

8 more strategies

Begin the morning with yogurt

The probiotics it contains can help change the way your gut bugs metabolize estrogen, which suppresses the growth of breast tumors, Argentinean researchers recently discovered. To pump up the protective effects, top your yogurt with blueberries. The antioxidant-rich fruit prevents breast cancer cells from growing; eating two servings a week cuts your risk of getting the disease by a third, according to a study in the journal *Breast Cancer Research and Treatment*.

Use a metal water bottle

Scientists from Duke University recently discovered that bisphenol A (BPA), the chemical found in many reusable plastic water bottles and food containers, can cause breast cancer cells to grow faster. The toxin mimics estrogen in your body, spurring the growth of breast cancer cells.

Devote yourself to sunscreen

Wear it on your face, neck, and other exposed skin every day, even when there's snow on the ground. Women with a diagnosis of melanoma have an 11 percent increased risk of breast cancer, a study in the *International Journal of Cancer* found. Also, see your dermatologist annually for a skin check. Women with 15 or more moles have a 34 percent greater risk of developing breast cancer than women with none,



Sometimes Mom and Dad need a playdate too. But being intimate after kids isn't always as easy as it was before. Many new moms produce less estrogen after childbirth, which causes lack of moisture.

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according to research at Harvard Medical School. Experts theorize that women with more of these marks may have higher levels of estrogen. If you have a large number of moles, you may need more frequent breast cancer screenings; discuss your options with your doc.

Swap mayo for avocado

Not just because avocado is delicious but also because it's packed with oleic acid, a monounsaturated fatty acid that suppresses the production of a gene that has been shown to spur breast cancer cell growth. Plus, according to a study in the *Journal of the American Heart Association*, eating one avocado a day can significantly reduce your LDL cholesterol—and high cholesterol can spike breast cancer risk by 64 percent.

Toss the air fresheners

Women who use these fragrances the most in their homes have double the breast cancer risk of those who use them the least, according to a study in *Environmental Health*. The sweet-smelling products are often loaded with known carcinogens, including terpenes (compounds that form formaldehyde), benzene, and styrene, as well as estrogen-like chemicals such as phthalates, which trigger the growth of cancer cells.

Make a cold pitcher of cucumber water

Guzzling two extra glasses of H_2O a day boosts your ability to burn calories, a study in the *Journal of Clinical Endocrinology & Metabolism* reported, and that can help you maintain a healthy weight. "Fat cells release estrogen, so the fewer you have, the better your odds of staying breast cancer–free," Dr. Bevers explains. Add cucumbers to give the water some flavor.

Do yoga twice a week

Regularly getting your om on reduces your levels of interleukin-6 and C-reactive protein, two inflammatory molecules that are associated with tumor growth, researchers from the Ohio State University College of Medicine revealed. Their study showed that women who unrolled their mats two times weekly had 41 percent lower levels of interleukin-6 and were much less likely to have high C-reactive protein levels than those who practiced less often.

> The fewer fat cells you have, the better your odds of staying cancer-free.

Eat dinner at seven o'clock

Fasting for an extra three hours a night cuts your chances of having high blood sugar by 20 percent, according to research from the Moores Cancer Center at the University of California, San Diego, and that in turn can lower your breast cancer risk. "When glucose levels are elevated, your body pumps out extra insulin," which can cause breast cells to grow more rapidly, explains Graham Colditz, M.D., the deputy director of the Institute for Public Health at Washington University in Saint Louis. "The more quickly cells divide and replicate, the greater the risk for cancer." ★

FOUR STEPS YOU CAN SKIP

Sometimes reducing your risk of breast cancer is as easy as doing nothing at all. You can now scratch these off your cancer-prevention plan.

1 BREAST SELF-EXAMS

Yes, you read that right: Experts no longer recommend doing a traditional breast self-exam every month. "Research clearly shows that if there's a change in your breast, you're just as likely to find it through normal daily activities such as showering, scratching, and dressing," Therese Bevers, M.D., says. If anything feels different to you, discuss it with your doctor right away.

2 AVOIDING UNDERWIRE BRAS

Researchers from the Fred Hutchinson Cancer Research Center recently debunked this old wives' tale. In a study of more than 1,000 women, they found no association between wearing an underwire and being diagnosed with the disease. The study also ruled out related factors, including the number of hours a day you wear a bra, as possible breast cancer causes.

3 EATING ORGANIC FOODS

They have plenty of health benefits, including higher antioxidant levels and fewer toxins. But unfortunately, women who eat organic have the same likelihood of developing breast cancer as those who purchase conventionally grown foods, according to a study in the *British Journal of Cancer*. "The most important thing is to eat a healthy diet with lots of fruits and vegetables, regardless of whether they're organic," Dr. Bevers says.

4 GETTING ADDITIONAL SCREENINGS IF YOU HAVE DENSE BREASTS

Dense breast tissue can make it difficult to detect cancer with a mammogram, so many doctors recommend additional screening, such as a breast ultrasound. But a new study in the *Annals of Internal Medicine* suggests that breast density alone is not enough to justify having an extra test. Instead, Dr. Bevers advises, ask about getting a 3-D mammogram, which may be more likely to show abnormalities than a traditional mammogram.



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Back on top of her game

A humiliating moment at her doctor's office gave Molly DaVault the motivation to lose 60 pounds and rediscover her inner athlete.

By AMY ZAVATTO



Molly feels strong and self-confident again.

Molly DaVault was sitting in the exam room at her physician's office after her annual physical when a nurse walked in and handed her a piece of paper. "I have to give this to you," the nurse said, and then quickly left the room. Molly, surprised, read the note, which said that she was morbidly obese and at risk for diabetes and heart disease, among other illnesses.

"I started crying," says Molly, 23, a veterinary technician from Coeur d'Alene, Idaho. "But that was my turning point. It gave me motivation to get back in shape."

A former high school athlete, Molly had gained nearly 70 pounds in a few short years. "I was in denial and kept telling myself, 'I am just big-boned,'" she admits. But that day in her doctor's office, she finally had to face the truth. "I went home and told my husband, Kasey, that I needed to change before it was too late."



Start weight
217 lb

Current weight
157 lb

Love chub

As a kid, Molly had always been active. "I participated in every sport I could, including softball, which I played for 10 years," she says. But when she started dating Kasey in her sophomore year of high school, Molly quit sports and took up a new pastime: eating out with him. Without exercise to help her work off the calories, she began steadily gaining weight. By senior year, 5-foot-5-inch Molly weighed 210 pounds.

After graduation, Molly landed her current job, clocking stressful 10-hour days four times a week. "I didn't work out on my days off," she says. "I told myself that was my time to relax and do nothing." Molly had never learned to cook, so she mainly dined out or ordered takeout. "I ate a lot of fatty and processed foods," she says. "I went to places like Taco Bell and the Olive Garden for lunch and dinner." Dessert was her reward. "I ate ice cream every night."

Racing toward her goal

When she saw the term *morbidly obese* at the doctor's office that day, Molly was scared. Even more alarming to her, though, was the fact that she was at risk of becoming diabetic. Her grandfather had suffered from diabetes and heart disease, and she had witnessed his health struggles. "I knew I was going to end up with diabetes if I didn't lose weight," she says. "I didn't want to do that to myself."

She resolved to start exercising. With encouragement from Kasey and her parents, Molly dusted off a treadmill that hadn't seen much action since her dad purchased it for her in high school, and she started walking and running. She heard about a local 5K and began training for it, even though it was just four weeks away. "I needed a goal that I would be supermotivated to achieve," she explains. "That first month, I walked and ran two miles a day five days a week." She started with three minutes of walking and 30 seconds of jogging. Then, once she was comfortable with that pace, she began running longer and walking less until she could handle an entire mile without stopping. →

Photograph by BRADY CAMPBELL


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Molly told a coworker about her new fitness routine, and the colleague, who also wanted to get fit, decided to train for the 5K with her. That made Molly even more determined to succeed. On race day, she ran the 5K in 40 minutes. She was elated. "It was awesome!" she says. "Once I crossed the finish line I was hooked on races." She signed up for a half-marathon seven months later, and she also ran several 5Ks and a 10K, with Kasey joining her for some of them.

In addition to running, Molly added weight training to her workouts four times a week and changed her diet. "As I started getting fit, I didn't want to eat crappy food anymore," she says. Instead, she had yogurt or oatmeal and fruit for breakfast, a turkey sandwich for lunch, and snacks like grapes and protein bars to keep her fueled between meals. "My energy levels changed a lot," she says. "Now I can exercise at night after work without being exhausted."

Today, Molly has lost 60 pounds, toned her entire body, and regained her old self-confidence. She is working to lose seven more pounds to get back to her high-school weight of 150, but in the meantime, she couldn't be happier about where she is and what she's done. "I feel great," she says. "I wanted to be an athlete again, and now I am!" ★

WHAT WORKED FOR MOLLY

A FITNESS FRIEND

"Find a workout buddy to help keep yourself committed to your routine," Molly says. "When you have to show up for the other person, it keeps you on track, too. Plus she might inspire you to try new workouts."

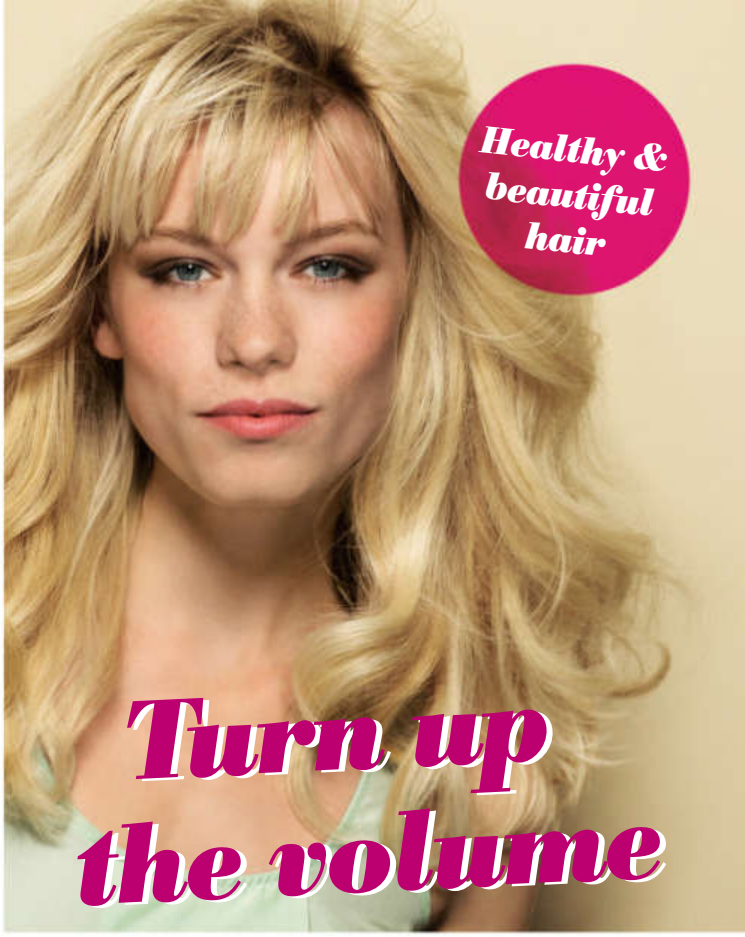
TAKING NOTE OF HER PROGRESS

"I write down my workouts and my weight in my journal every day," Molly says. "When I was having a tough time, I'd go back to the beginning and read all the entries, which would help me see how far I'd come."

FOOD AS FUEL

"My mom says, 'Don't live to eat; eat to live.'" That motto helped Molly think about her diet as a building block of a strong, healthy body.

Share your weight-loss success story. Have you lost major pounds? We want to hear all about your accomplishment. Send us an email at ididit@shape.com and include your name, age, and hometown; details about your achievement; and before and after photos. Your story could be featured in a future issue! (All submissions become the property of Meredith Corporation and will not be returned. Submission constitutes permission to use photos and stories in all media.)



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THINK ABOUT IT

YOUR ROOTS—NOT HAIR, BUT HISTORY. Often in our speed to get ahead, we disregard the value of the very foundation we're building upon. That's a mistake, because looking back can help you propel forward.

Take the beautiful, thoroughly modern dishes that chef Roberth Sundell creates at his San Francisco restaurant, Pläj, featured on page 174. Sundell took his native Swedish culinary traditions and thoughtfully evolved them, inventing a fresh technique meets old-world flavor mash-up that's a lot more innovative, interesting, and relevant to the current healthy-food lover than if he'd just winged it with a bunch of kale.

Then there's trainer Marlo Fisken, who created the Flow Movement workout on page 164. To design the state-of-the-art routine, she mined the past, looking at how people moved before they even stood upright. The endgame: An original workout that's familiar in its rhythm but foreign in its poses—and one that advances your body results in amazing ways.

Tap your own history (whether that's your lineage, your rituals, your family's philosophies), honor it, and see how you can use it to help you break new ground in this day and age.

She may be one of the highest-paid women on television, but *The Big Bang Theory*'s **Kaley Cuoco-Sweeting** is also one of the most down-to-earth. Case in point: What other celeb would admit to keeping entire *drawers* full of candy in her bedroom or that she has to buy jeans in three different sizes? Get the dish on



KALEY'S STYLE
Topshop Unique turtleneck ($140, topshop.com).



KALEY CUTS TO THE CHASE

Smartest health change you ever made? Giving up soda.

Celebrity crush? Jennifer Aniston. A girl crush!

If you had a superpower, it would be . . . Invisibility. There are so many conversations I would love to listen in on.

First thing you do in the morning? I make my coffee with almond-coconut milk.

Last thing you do at night? I kiss my dog, Norman, *then* I kiss my husband.

KALEY'S STYLE
Elizabeth and James dress ($395, saks.com). All earrings, Kaley's own.

everything Kaley, including how she finally got a handle on her diet and the killer workout routine that totally changed her body.

By Claire Connors
Photographs by Nino Muñoz
Styling by Audrey Slater

Exactly five minutes before our scheduled interview time, the phone rings. "Hey, it's Kaley!" the chipper 29-year-old actress says. "I'm sorry I'm calling early, but I can't stand lateness. It drives me crazy. My friends always text me if they're running even a little behind because they don't want the 'wrath of Cuoco,' as they call it." Extreme punctuality—not to mention an endearing tendency to give TMI—are just two of Kaley Cuoco-Sweeting's refreshingly anti-Hollywood traits. Another is the fact that she works hard for her body and isn't afraid to admit it. You won't hear "Oh, I just look like this naturally" from her. Asked how she got in the ridiculously toned shape you see on our cover and these pages, she confesses, "I've never worked so hard to look good for something in my entire career. But I didn't starve or kill myself with exercise. I went slowly, and it paid off." Here's what else Kaley learned along the way.

WORKOUTS ARE NOT ONE SIZE FITS ALL

"It took years for me to figure out what my body needs and that what works for my friends doesn't necessarily work for me. Doing yoga five times a week has transformed my body. I love being toned and having muscle; it's so sexy and beautiful. And I owe it 100 percent to yoga. I go to a place called CorePower Yoga. One morning I'll take the Hot Power Fusion class, which is an amazing calorie burner. Or I'll take a Yoga Sculpt class, where we wear three-pound weights during yoga moves. The sculpt classes include 20 seconds of mountain climbing or jumping jacks between the poses, so I get cardio, too. I also ride horses five days a week whenever I can. I love it so much. I have six horses, and they have been the biggest blessing in my life. Horseback riding is why I'm so centered, especially in this business. I wouldn't have my career without it."

EATING LIKE YOUR HUSBAND EATS IS A RECIPE FOR DIET DISASTER

"As I've gotten older [Kaley turns 30 in November], I've had to change my food intake. My husband, Ryan [Sweeting, a professional tennis player], eats so much. I'll cook him whatever he wants, which is usually meat and potatoes, or chicken. So I make his first dinner, and then he orders *a second one* from a restaurant! I've never seen a metabolism like his. It drives me crazy!

"When we first got married, it was so much fun to eat like him. We got into this habit we called the bedtime snack. The drawers next to the bed were filled with candy. Eventually, I realized it was mindless eating. I was just doing it because he was doing it, and it was adding hundreds of calories I didn't even think about. So I cut that out.

"Our refrigerator and pantry have completely changed, because we don't eat crap anymore. No more soda, chips, cereal; we had boxes of stuff that only a 4-year-old would eat. My favorite meal to make these days is gluten-free pasta with vegan butter and veggies. I'm not vegan, nor do I have a gluten allergy, but it just feels better in my stomach."

YOU NEED TO STAY FUELED WITH THE RIGHT FOODS

"I went to a nutritionist, and what really surprised me was that I wasn't eating enough during the day. I'd have a huge coffee with almond-coconut milk for breakfast and that was it. I'd eat a dinner big enough for an army when I got home and

Hair by Christine Symonds/The Wall Group; makeup by Jamie Greenberg/The Wall Group for Lancôme; manicure by Ashlie Johnson/The Wall Group for Chanel Le Vernis



KALEY'S WORKOUT PLAYLIST

"Run the World (Girls)"
Beyoncé

"Shut Up and Dance"
Walk the Moon

"Uptown Funk"
Mark Ronson, featuring Bruno Mars

"Stronger"
Kanye West

"California Love"
2Pac

"Beat It," "Billie Jean," and "Thriller"
Michael Jackson

"Turn Down for What"
DJ Snake and Lil Jon

"Some Nights"
Fun

KALEY'S STYLE
This page: Damaris bra ($179, damaris.co.uk). **Marissa Webb blouse** ($380, marissa-webb.com). **Diane von Furstenburg pants** ($348, dvf.com). **Delphine Leymarie Fine Jewelry necklace** ($425, delphineleymarie.com). **Opposite page: Jonathan Simkhai top** ($335, net-a-porter.com). **Akris pants** ($995, akris.ch).

end up with a stomachache and then wonder why. Now I eat small portions every three hours. For breakfast, I make egg whites with lots of Cholula Hot Sauce and mashed avocado. I can't live without avocado, by the way. I probably eat one a day. For lunch, I order a tuna wrap from one of the healthy restaurants near the studio. My trick is to cut it in half, eat one half with the wrap, and then, if I'm still hungry, have the other half without. It totally fills me up. And I always have snacks with me—apples, nuts, SkinnyPop popcorn packs—and lots and lots of water."

IT'S OK TO CHEAT

"I *have* to have a cheat day. I know when I'm being good all week long that come Sunday, I'm going to lie by the pool, have a drink, and eat some pizza. Then I wake up on Monday morning and I'm all ready to start the week again. I'm just going to be in a bad mood all the time if there's no light at the end of that tunnel."

THE PERSONAL PAYOFF IS WORTH IT

"It doesn't sound like a lot, but I lost six pounds in the last three months. That's a whole jeans size, and we all know how good that feels! I'm the type of girl who's always had to buy jeans in three sizes because I never know what my body is going to do from one day to the next.

"Everything, from the inside out, has completely changed for me. And now, when I look into the mirror and see the positive changes, I don't want to go back to what I was doing. Especially when my husband is like, 'You look amazing!'"





GO WITH THE FLOW

This sexy routine is like nothing you've seen or sweated through before, and it will carve your muscles from angles most workouts miss. And oh yeah, you're gonna love the way it makes you move.

By JACLYN EMERICK

Photographs by SARAH KEHOE



Styling by Audrey Slater; hair by Adam Maclay/ABTP.com; makeup by Brian Duprey/Judy Casey Inc., for MAC Cosmetics

GET THE LOOK
This page: Bloch crop top ($69, blochworld.com). **Nux leggings** ($73, nuxusa.com). **Opposite page: Lululemon sports bra** ($48, lululemon.com). **American Apparel shorts** ($24, americanapparel.net).

Somewhere along the way, with the rise in popularity of rapid-fire repetition workouts, we've maybe lost a little of our move groove. But what if we collectively unclenched that dumbbell grip from time to time and broadened our definition of what a good sweaty circuit can be? When you free your body and mind and let yourself glide fluidly, your functional movements improve, even when you go back to hoisting those weights, says Marlo Fisken, a trainer and professional dancer.

When Fisken couldn't find a routine that combined the liquid patterns of dance, yoga, and acrobatics, she created Flow Movement, a workout style that fuses—and reimagines—the best out-of-the-box moves from each. The toning exercises transition from standing to slinking around on the floor, so mobility training is built right in. In a word, it's beautiful. And her endlessly creative movements will firm your entire body, especially hard-to-reach spots. Not to mention the calories you'll burn and the flexibility you'll gain without even thinking about it.

Each session teaches your body how to find its flow both on and off the mat. And that's seriously important, says Fisken, who's been studying human movement for 25 years: "The way you sit, stand, walk, and sleep affects your strength, flexibility, and overall fitness." So much so, she argues, that if you make improving movement a priority, you'll ace your fitness goals and get a mental makeover too. "A person who moves with delicacy, power, and control catches attention," she says. "You'll begin to exude a confidence." Think of movement as the foundation of mind-body transformation.

In a Flow Movement workout, your body weight provides your resistance. The floor is your equipment—you roll around on it a lot. Just go with it. We promise you'll be hooked. Fisken says she emphasizes floor exercises because the floor is where we start moving in life and they're a good way to reconnect with those building-block basics. "When you move across the floor—rolling, changing positions, getting up and down—you force your deepest core muscles to engage," she explains. "These low movements also restore your muscles' length and tone, which you've probably lost if you sit in a desk chair all day." (Ahem, she's talking to you, most of America.) And surprise: When you emerge, you'll notice you have more body control and awareness.

Expect to squat, lunge, push, pull, twist, bend, walk, run, and jump, only not as you do in a boot camp class. In Flow Movement, it's all about keeping those transitions fluid. For example, rather than hold a reverse tabletop position, here you'll bend and rock your body forward and backward (crab rock). Next, you'll sit on the floor and push your palms into it as you sweep your legs in big semicircles (butt spin). Each exercise moves your joints through their full range of motion, so you strengthen more muscle fibers while stretching your whole body, Fisken says. (Runners, cyclists, CrossFitters: This will feel particularly amazing to you, because these exercises align and open your entire body, releasing knotted up tension.)

Fisken, who has several new workout videos coming out this month on Flowmovement.net, created this special seven-move workout to firm you up and let you loose. Some parts may feel familiar; others will be wildly new. Don't be afraid to get a little lost in the shapes and make the exercises your own. "Be playful," she encourages. "Creatively reassemble your skills into something unique." First, learn the rules (do each movement as it's indicated in the how-to), then let your body go free: Add a handstand to the pike wheel, bend your legs in the shoulder stand V-up, or go into child's pose in the middle of each scorpion side kick rep. Do you. The benefits will wash over you no matter where you take it.



GET THE LOOK
Lorna Jane bralette ($50, lornajane.com).
Calvin Klein Performance leggings ($49, macys.com).
K-Deer headband ($10, k-deer.com).



GET THE LOOK
This page: C9 Champion sports bra ($20, target.com). **Rowley leggings** ($128, Cynthia Rowley stores). **K-Deer headband** ($10, k-deer.com). **Opposite page: Vimmia sports bra** ($84, revolve clothing.com). **First Base tank top** ($69, thisisfirstbase.com). **Onzie shorts** ($44, onzie.com). **American Apparel leg warmers** ($18, americanapparel.net).

If you're having trouble with the coordination or getting stuck in any of the positions, pause and breathe. *"When you breathe fully and deeply, the positions are more likely to just happen,"* Fisken says.





"Focus on what you feel—not in your head but in your body," Fisken says. "Really experience your contact with the floor, the sensation of your arm slicing through the air. Once you understand each movement, gradually add a little flair."



GET THE LOOK
This page: Phat Buddha tube bra ($40, phatbuddhawear.com).
Nux leggings ($83, nuxusa.com).

Let it flow
HOW TO GET MOVING

YOUR WORKOUT

Do each of the seven moves below in order, trying to seamlessly connect them without pausing in between. Complete the sequence two or three times. Because the routine is mobility based and not geared toward muscular burn-out, you can do it from three to seven days a week—and even before or after other workouts. Then, once you've got the hang of the movements, mix it up. Try two reps of an exercise, then switch to any other. Before you know it, you'll have created something unique, Fisken says.

YOU'LL NEED

A mat

A/B→
1 LEG-SWING BRIDGE

WORKS ABS, OBLIQUES, BUTT, HAMSTRINGS, OUTER THIGHS, INNER THIGHS

Lie faceup with knees bent, feet flat, and arms extended slightly below shoulder height with palms down to start. Tip both knees to the left, keeping shoulders and toes grounded, and swing right leg around and just above left hand **[A]**. With momentum, swing right leg back to start, then press hips up so body forms a straight line from shoulders to knees **[B]**. Lower to start. Switch sides; repeat. That's 1 rep. Do 8 to 10 reps.



GET THE LOOK
Nux sports bra ($52, nuxusa.com). **Heroine Sport leggings** ($110, heroinesport.com).

←A/B
2 CRAB ROCK

WORKS SHOULDERS, ABS, BUTT, QUADS, HAMSTRINGS, CALVES

Sit with knees bent, feet flat and hip-width apart, and palms on floor next to hips. Press into palms to lift hips so that body comes into a tabletop. Shift weight into left hand and stack right shoulder over left to start. Keep hips higher than thighs and rock forward until heels lift **[A]**. Then rock back until toes lift, driving hips higher **[B]**. That's 1 rep. Do 8 to10 reps. Switch sides; repeat.





A↗ B→
3 BUTT SPIN

WORKS ABS, OBLIQUES, BUTT, INNER THIGHS

Sit on floor with legs forward and bent slightly to the right, hands on floor by hips. Lift both legs and (temporarily picking up left palm out of the way) powerfully swing them to the left **[A]**, leaning forward as they come directly behind you. Then fluidly split legs to bend left knee as you reach left toes toward right elbow, bending arms deeper **[B]**. Quickly push off floor and join legs to spin on butt to other side. That's 1 rep. Do 6 to 8 reps.



A→ B→
4 SHOULDER STAND V-UP

WORKS SHOULDERS, ABS

Sit with legs together and long, arms by sides. Rock back onto shoulder blades, bringing arms onto floor over head and squeezing glutes to lift legs up and slightly back **[A]**. Reverse move, rising to sitting position on tailbone with legs extended, arms reaching up, and thumbs pressed together behind head **[B]**. That's one rep. Do 8 to 10 reps.





GET THE LOOK
Lanston Sport bra ($106, bandier.com).
Zara Terez leggings ($75, zarateretz.com).

SCAN TO SHOP THE LOOKS AND LEARN THE MOVES!
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A/B↘C→

7 PIKE WHEEL

WORKS SHOULDERS, ABS, BUTT, QUADS, HAMSTRINGS, CALVES

Stand with legs wide and arms by sides. Squat, rotating torso toward right **[A]** to place right hand on floor with fingertips pointing behind you, then left hand. Push into floor and with straight legs jump right foot to outside of right hand, followed by left foot **[B]**. Land in a squat facing forward, then jump up, raising arms overhead and pointing toes **[C]**. Land in a squat and immediately switch sides; repeat. That's 1 rep. Do 4 to 6 reps.





GET THIS WORKOUT ON YOUR IPAD!
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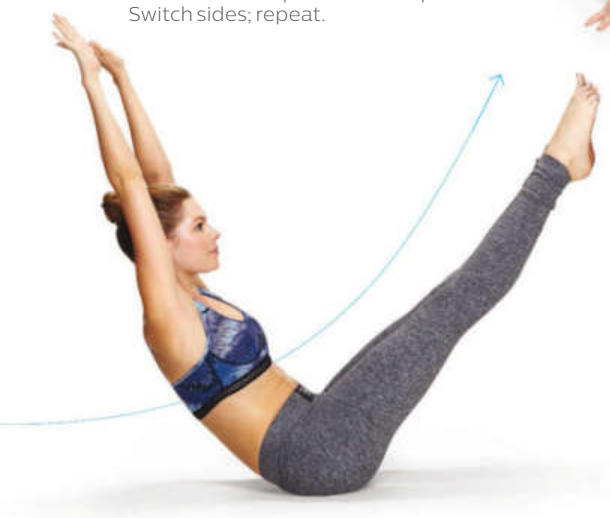


A/B→

5 SCORPION SIDE KICK

WORKS SHOULDERS, ABS, BUTT, QUADS, HAMSTRINGS

Get on all fours. Extend right leg to side at hip height and flex foot **[A]** to start. Keeping leg at hip height, bend right knee to sweep leg around back and point toe toward left shoulder; look back at foot **[B]**. Reverse movement. That's 1 rep. Do 8 to 10 reps. Switch sides; repeat.



6 V-LEG WHIP→

WORKS SHOULDERS, BUTT, QUADS, HAMSTRINGS, OUTER THIGHS, INNER THIGHS

Stand with feet hip-width apart and fold forward to plant hands on floor in front of feet so body forms an inverted V (downward dog). Lift left leg back and up in line with hip to start. Keeping leg straight, make a big circle toward left shoulder **[shown]**. That's 1 rep. Do 4 to 6 reps. Switch direction of circle and repeat. Switch sides; repeat.





The *FRESH* WAY of EATING

It's modern Nordic cuisine, and it's taking over dining tables everywhere. Driving the new food movement: creative herb combos, healthy ingredients, and memory making flavors that hit every note, from deliciously delicate to daring and bold.

Photographs by KANA OKADA

SWEDEN AND CALIFORNIA ARE more than 5,000 miles apart, but in their San Francisco restaurant, Pläj (pronounced "play"), the husband-and-wife team of Roberth (the chef) and Andrea (the manager) Sundell brings the cuisine of these two foodcentric cultures together. "We take traditional family recipes from Sweden and present them in a new, modern way, highlighting California produce," Roberth says. In reinventing these nostalgic dishes of his childhood, he's made them lighter but also bolder, with more intense tastes.

"The true flavors and textures of the fresh vegetables and fish stand out; they're not masked with heavy sauces," Roberth says. It's that focus on produce and seafood (along with vegetable-based oils, low-fat dairy, whole grains, lean meats, and fruit) that makes Nordic food so good—and so good for you.


Pickle-Poached Salmon With Cucumber and Fennel

(Previous page)

Pickle-Poached Salmon With Cucumber and Fennel

Serves: *4*

Cook time: *10 minutes*

Total time: *20 minutes*

- 1 cup distilled vinegar
- 2 cups water
- 2 bay leaves
- 1 teaspoon whole allspice
- ¼ cup sugar
- 1 tablespoon kosher salt
- 2 bunches dill
- 4 5-ounce salmon fillets
- 3 egg yolks
- 1 tablespoon Dijon mustard
- 1 teaspoon honey
- ¼ cup molasses
- ½ cup red wine vinegar
- 1 cup canola or vegetable oil
- 1 fennel bulb
- 1 long cucumber
- Freshly ground black pepper

1 In a pan large enough to hold salmon fillets in a single layer, bring vinegar, water, bay leaves, allspice, sugar, salt, and 1 bunch dill to a simmer over medium heat. Turn off heat and add fish, making sure it's covered by the liquid. Cover pan and let fish rest for 5 to 10 minutes or until it's poached. Remove fish and drain on paper towels.

2 Chop remaining bunch of dill. In a small bowl, whisk together egg yolks, mustard, honey, and molasses. Continue to whisk as you add red wine vinegar, and then, once combined, the oil. Fold in chopped dill.

3 Trim fennel, reserving fronds, and thinly slice bulb with a mandoline. Using a vegetable peeler, remove about half the cucumber peel, creating stripes lengthwise. Cut cucumber in half lengthwise; remove seeds with a spoon and slice. Toss fennel and cucumber in ¼ cup mustard dressing; top with pepper and chopped fennel fronds.

4 Serve salmon with salad and remaining dressing on the side if desired.

Nutrition score per serving: *314 calories, 16 g fat (2.1 g saturated), 11 g carbs, 30 g protein, 2 g fiber, 354 mg sodium*



Spiced Cabbage Soup With Rye Croutons

Serves: *4*

Cook time: *1 hour 5 minutes*

Total time: *1 hour 10 minutes*

- 2 thick slices rye bread, cut into cubes
- 1 teaspoon butter
- 1 tablespoon plus 1 teaspoon olive oil
- ¼ teaspoon chopped garlic
- 1¼ teaspoons salt
- Freshly ground black pepper
- 1 head white cabbage
- 1 leek (white part only)
- 1 yellow onion
- ¼ teaspoon white pepper
- ¼ teaspoon nutmeg
- ¼ teaspoon allspice
- ¼ teaspoon ground cloves
- 2 carrots, grated
- 1 tablespoon molasses
- 1 cup port or any dark beer
- 4¼ cups water
- 1–2 bay leaves
- Chopped parsley

1 Sauté rye cubes in a pan with butter, 1 teaspoon olive oil, garlic, ¼ teaspoon salt, and black pepper.

2 Chop cabbage into small pieces and thinly slice leek and onion. Heat remaining 1 tablespoon oil in a soup pot over medium heat. Add cabbage, leek, onion, remaining 1 teaspoon salt, white pepper, nutmeg, allspice, and cloves, and sweat vegetables for about 5 minutes to build flavor. Put a lid on pot for a few minutes to let vegetables steam.

3 Add carrots, molasses, port, and water to the pot, along with bay leaves. Let simmer until vegetables are tender, about 1 hour. Discard bay leaves.

4 Serve in soup bowls, topped with rye croutons and chopped parsley.

Nutrition score per serving: *284 calories, 6 g fat (1.5 g saturated), 39 g carbs, 5 g protein, 8 g fiber, 908 mg sodium*

Food styling by Jamie Kimm; prop styling by Sarah Cave/EH Management



Peppery greens complement the sweet beets and earthy sunchokes in this salad.

Fall Beets and Sunchoke Salad

Serves: *4*

Cook time: *50 minutes*

Total time: *1 hour*

- 2 ounces hazelnuts
- 2 teaspoons olive oil, plus more for reheating vegetables
- 1 teaspoon sugar
- ½ pound baby golden beets
- ½ pound baby Chioggia (candy cane) beets
- ½ pound sunchokes
- ¼ cup extra-virgin olive oil
- 1 tablespoon white truffle oil
- 2 tablespoons cider vinegar
- 8 ounces baby watercress
- Kosher salt
- Black pepper
- 2 ounces västerbotten, thinly sliced (A cow's milk cheese; you can substitute Parmesan or any other hard cow's milk cheese.)
- Sea salt

1 In a pan over medium heat, toast hazelnuts in 1 teaspoon olive oil and sugar; stir until lightly caramelized. Remove from heat.

2 Preheat the oven to 350°. Fill a large pot halfway with water and bring to a boil; add beets and cook until soft, about 45 minutes. Remove beets from water to cool, then peel and slice them.

3 While beets cook, drizzle sunchokes with 1 teaspoon olive oil. Roast until semisoft, 20 to 30 minutes; set aside. When cool, slice, leaving skins on.

4 In a small jar with a lid, combine extra-virgin olive oil, truffle oil, and vinegar. Shake the jar to combine. Toss watercress with the vinaigrette.

5 Reheat beets and sunchokes in a hot pan with some olive oil. Season to taste with salt and pepper. Add to salad, along with toasted hazelnuts and cheese. Serve with a sprinkling of sea salt.

Nutrition score per serving: *418 calories, 33 g fat (5.6 g saturated), 25 g carbs, 10 g protein, 6 g fiber, 398 mg sodium*



Pork Chop With Roasted Kohlrabi, Rutabaga, and Wild Kale

Serves: *4*

Cook time: *30 minutes*

Total time: *35 minutes*

- 2 kohlrabies, peeled and cut into wedges
- 2 rutabagas, peeled and cut into wedges
- 1 tablespoon shaved garlic
- 1 teaspoon rosemary, finely chopped
- 1 teaspoon thyme, finely chopped
- 2 tablespoons olive oil
- 1 teaspoon salt, plus more for seasoning
- 1 teaspoon black pepper, plus more for seasoning
- 8 kale leaves, torn
- ¼ ounce Danish blue cheese, frozen and finely grated
- Sea salt
- Cooking spray
- 4 5-ounce pork chops

1 Preheat the oven to 400°. In a large bowl, toss together kohlrabi, rutabaga, garlic, rosemary, thyme, olive oil, and 1 teaspoon each of salt and pepper. Transfer vegetables to a rimmed baking sheet and roast for 15 to 20 minutes or until vegetables soften, adding kale leaves for the last 2 minutes of cooking. Remove baking sheet from the oven, transfer vegetables to a serving dish, and top with the grated blue cheese and a sprinkling of sea salt.

2 Meanwhile, coat an ovenproof pan with cooking spray and heat over medium-high heat. Season pork chops with salt and pepper, add to pan, and sear until golden on the bottom, about 3 minutes. Flip chops and transfer pan to oven; cook 5 to 10 minutes or until pork is 145°. Transfer to a serving dish and let rest for a few minutes. Serve with vegetables.

Nutrition score per serving: *350 calories, 12 g fat (2.5 g saturated), 24 g carbs, 39 g protein, 8 g fiber, 915 mg sodium*

Swedish Buttermilk Pancakes With Wild Berry Jam and Whipped Cream

Serves: *4*

Cook time: *45 minutes*

Total time: *55 minutes*

- 3 eggs
- 1 cup buttermilk
- 1¼ cups low-fat milk
- 1⅓ cups all-purpose flour
- ½ cup plus 1½ teaspoons sugar
- ¾ teaspoon salt
- 1½ teaspoons vanilla paste or 1½ tablespoons vanilla extract
- 1 cup mixed berries, such as strawberries, raspberries, blueberries, and blackberries
- 1 cup water
- ½ teaspoon cornstarch
- 1 teaspoon butter
- Whipped cream, for serving (optional)

1 In a large bowl, beat eggs, then add buttermilk and low-fat milk and whisk to combine. Add flour, 1½ teaspoons sugar, and salt and stir to combine. Add ¾ teaspoon vanilla paste and mix until combined. Place batter in the refrigerator for 30 minutes.

2 Meanwhile, make the berry sauce: In a small bowl, mix together berries, water, cornstarch, ½ cup sugar, and remaining vanilla paste. Transfer to a saucepan and simmer over low heat until berries break down and sauce thickens, about 30 minutes. Let cool.

3 Heat a nonstick pan over medium-high. Add butter, then pour about 3 tablespoons of batter into pan and swirl until pan is evenly coated. When air pockets appear, flip pancake. Cook 1 to 2 minutes; repeat with remaining batter.

4 Serve pancakes with berry sauce and whipped cream if desired.

Nutrition score per serving: *402 calories, 6 g fat (2.7 g saturated), 71 g carbs, 14 g protein, 2 g fiber, 596 mg sodium*



"You can't go anywhere in Sweden without seeing pancakes on the menu," chef Sundell says.

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Alice + Olivia leather dress ($1,298, aliceandolivia.com).



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H&M blouse ($50, hm.com).



Comptoir des Cotonniers trench coat ($290, Comptoir des Cotonniers, New York City, 212-460-5289).



Michael Kors watch ($195, michaelkors.com).



Theory turtleneck ($130, Saks Fifth Avenue stores).



Elizabeth and James necklace ($135, revolve clothing.com).



Melinda Maria ring ($88, melindamaria.com).



Marissa Webb blazer ($625, Intermix stores).

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WHAT *RATE OF PERCEIVED EXERTION* (RPE) MEANS

RPE is used to gauge your intensity in cardio workouts. Here is what the numbers in our fitness stories indicate.

RPE

1, 2 **Very easy**; you can converse with no effort.

3 **Easy**; you can converse with almost no effort.

4 **Moderately easy**; you can converse comfortably with little effort.

5 **Moderate**; conversation requires some effort.

6 **Moderately difficult**; conversation requires quite a bit of effort.

7 **Difficult**; conversation requires a lot of effort.

8 **Very difficult**; conversation requires maximum effort.

9, 10 **Peak effort**; no-talking zone.

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Surfer Stephanie Gilmore has mastered the balancing act

By SARA ANGLE

Truth be told, Stephanie Gilmore spends as much time in the air as she does in the water, traveling 10 months of the year. "I chase swells in search of good waves. The more remote, the better," says the daredevil, 27, who's got the enviable Instagram pics to prove it. With six world surfing championship titles, this former teen phenom has surpassed even the sport's icons whose photos used to cover her schoolbooks. As she gears up for the big Roxy Pro France competition this month, Gilmore gives us her formula for living fierce and staying a badass on the board.

She works a nine-hour shift in a string bikini

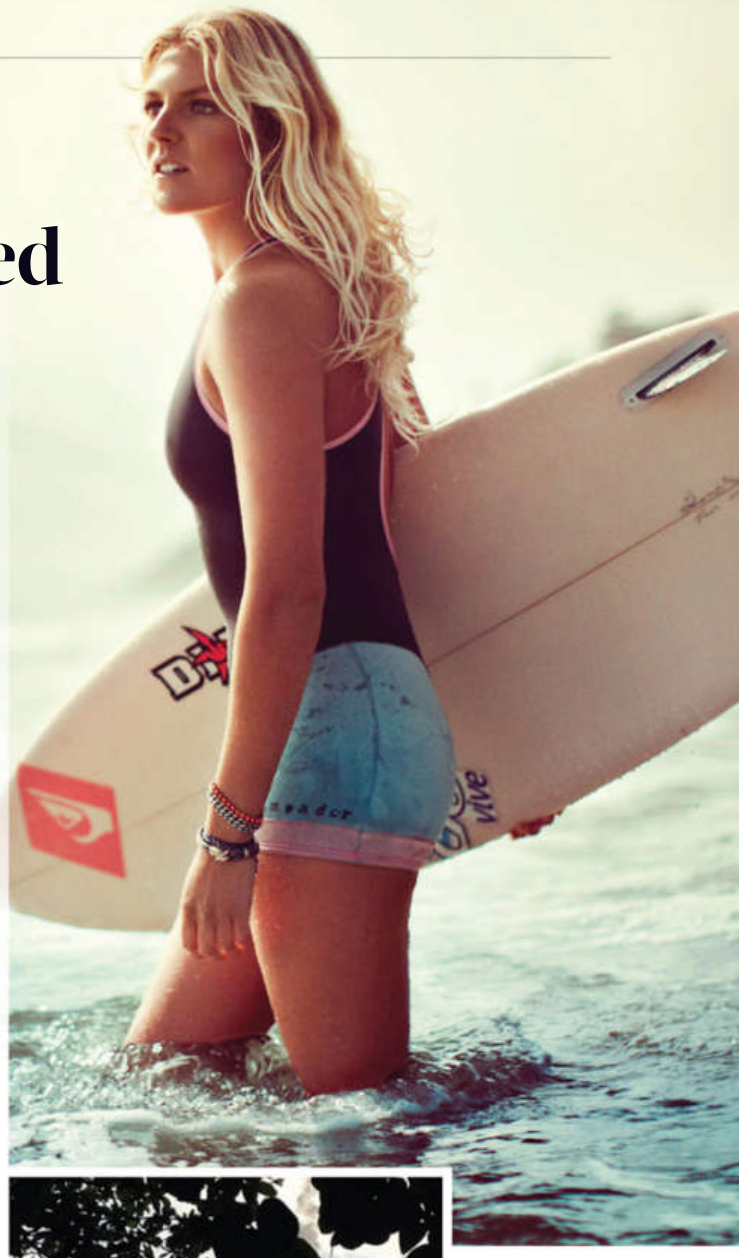
Surfing all day sounds dreamy, but it's also pretty brutal, Gilmore reminds us. "Your ribs will turn black and blue from lying atop a fiberglass board; your arms will feel as if you've lifted champion-level weights from all the paddling. But it's a feeling I can't live without." The girl can hang tough. After devastating injuries ended her charmed four-year winning streak in 2011, she fought and won her title back in 2012. "When you suddenly become the underdog, you have to find your drive from a different source," she says.

She has an elastic mind-set

"There's beauty in balance," Gilmore likes to say. If the waves are flat, she hits the gym. Though sharks are a workplace hazard, she once opted to swim with them on vacation and learned to "look them in the eye." And to blow off steam, she plays a mean guitar. (Jimmy Page and Jimi Hendrix are her idols.) Her secret to keeping her head on straight: deep calming breaths before her surf day begins. "It takes your mind to a meditative place."

Her theory: woman versus nature can be won

If there's such a thing as an SPF-ologist, this Aussie is it. "I've literally tried them all," she says. (The one with the most staying power is Shade SPF 30+ Tinted sunscreen; for post-sun rehab, it's Aesop body moisturizer and Lucas' Papaw Ointment for lips.) Gilmore has also perfected a method for saving her tresses from the elements. "I spray It's A 10 Miracle leave-in conditioner through my hair as soon as I get out of the water and rinse off, and I add jojoba oil for extra moisture before my hair dries," she says. The regimen has certainly paid off: Gilmore scored a coveted spot at this year's red carpet Met Gala in New York City, and naturally, she looked radiant.★





GILMORE'S ENDLESS SUMMER
Left: Follow her wave riding adventures on Instagram @StephanieGilmore. **Bottom, from left:** Her choice sunscreen is eco-friendly because "we have a responsibility to keep the oceans healthy." An essential she won't leave home without: surf wax, to help keep her footing on the board.

Top: Trunk Archive. Center: Courtesy of Stephanie Gilmore. Bottom, from left: Dennis Pedersen/Thelicensingproject.com; courtesy of Sex Wax

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